

The Small Dairy Resource Book

Information Sources for Farmstead Producers and Processors



Vicki H. Dunaway

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by

Vicki H. Dunaway

Project Coordinator

The Hometown Creamery Revival



www.sare.org

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Editing: Mandy Rodrigues & Andy Zieminski
Research: Lauren Ketcham, Liz Zimmerman

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Cheese

Looking for information about cheese and cheesemaking? Of the hundreds of resources available, we've reviewed some of the most popular and readily available, as well as some that should be more so.

Books/Handbooks/E-books

Camembert, Brie & Blue Cheese Making Guide

Format: Book, Handbook, E-book (40 pages)

Availability: Online or by contacting W62 N590 Washington Ave,
Cedarburg WI 53012; phone 414-745-5483; Cost: \$30
(approximately) + s/h

URL: www.thecheesemaker.com/guides.htm

URL: www.thecheesemaker.com/kits.htm

Steve Shapson is a “foodie” who also has a home beer and winemaking shop where, several years ago, a customer introduced him to the concept of home cheesemaking. He began making and perfecting his favorites, especially Camembert and blue cheese, and now offers a 40-page e-book through his Web site with instructions on his processes. This book is also available in hard copy for computer-free folks.

Following several pages of introduction and a brief history of Camembert and Brie cheeses, Shapson includes a five-page glossary of cheesemaking terms. Additional introductory material includes a page on sanitation and food safety, frequently asked questions and a discussion of pasteurization. The production of Camembert is covered in twelve pages, with photographs of various steps and stages in the cheese’s maturation. Interestingly, he uses cellophane from a crafts shop for wrapping his Camembert – an idea I’ve mused about but never tried. Works for him! He points out that Brie is basically a larger version of Camembert and he doesn’t cover Brie in detail, warning that turning the large cheese is a tricky process.

Making blue cheese is covered in five pages, again with photos and simple instructions for home production of a cheese that may seem out of reach to many home cheesemakers. This is a Stilton type recipe, which is a somewhat time-consuming process, both in making and aging, but which can produce a delicious blue cheese.

Finally, on page 40, Mr. Shapson includes a chart on molds, cultures and rennet. On his Web site (and presumably at his store) he sells kits, cultures and supplies. The kits are the same ones that New England Cheesemaking Supply sells.

The booklet (I have the e-book format) is attractive, with large print inside a border on every page. Apparently the author sends out free lifetime supplements and updates to those who order his booklet as well. As I write this in mid-2007 he is in the process of writing a second edition with new photographs, so make sure you get the latest edition.

Shapson’s recipes are different from the ones I use, true to the nature of cheesemaking. (So far I’ve never found two cheesemakers who do things the same way.) In his recipes he calls for “Packet No. 1” and “Packet No. 2” from his kits, but is kind enough to tell you what’s in the packets, and page 40 of the booklet gives further guidance for using the cultures. His kits also use powdered rennet, a product I have no experience with.

The Camembert, Brie & Blue Cheese Making Guide is for the one-stop shopper, who wants to try making these cheeses but doesn’t want to have to do a lot of personal research. For \$41.97, postpaid, you can buy a kit and the e-book (\$47.97 for the hard copy edition), which will make two Camembert cheeses and two blue cheeses (with your own milk, of course). Once you’ve used up the contents of the kit, all you have to purchase is your milk and the cultures and rennet.

This is a pricey way to make a few cheeses, but for someone starting from scratch and with little knowledge about cheesemaking it’s not too outrageous. [Consider the ‘Henspa’ designed for backyard egg production – the deluxe model is \$3495 plus freight. Yes, that’s three thousand, four hundred ninety five dollars. www.henspa.com.]

As an involuntary/compulsive editor, there are some spelling and punctuation issues in the Guide that bother me, but the information itself seems reasonably accurate, something you can’t say about all home cheesemaking books. Be sure to

check out Steve Shapson’s Web site at www.thecheesemaker.com.

Books

Home Wine Cellar: A Complete Guide to Design and Construction

Format: Book (176 pages)

Availability: Bookstores and online book vendors
Cost: \$23.10 + s/h. Philadelphia: Running Press.

This is quite an attractive book with sumptuous photographs of (mostly) the lifestyle of the rich and famous. However, the lesser among us can use much of the information within for planning and building a home cheese aging “cave.” Interestingly, the author speaks of storing flowers, fruits and vegetables in his wine room, but never mentions cheese, despite acknowledging the natural pairing of cheese and wine. Ah, well.

Sims covers a wide range of options, from converting a cabinet to building a full-scale wine cellar. He discusses “wine furniture” (wine cabinets with built-in refrigeration, and includes instructions for undercounter installation of an off-the-shelf wine cooler of the type you can get from Lowe’s. However, these are so small as to be virtually useless for cheese because of the long aging process; in most cases the home cheesemaker’s standby, an old refrigerator with a temperature controller, gives you much more bang for the buck. On the other hand, a rusty old fridge doesn’t qualify as “furniture” in most homes.

But if you’re ready for a real aging room in your home, consider converting a closet, an understairs area or a basement corner. The Home Wine Cellar offers step-by-step instructions and photographs to show you how to do each. The basement option looks the simplest and is usually the most energy-efficient option since basements tend to be earth-sheltered and maintain more stable temperatures than the rest of the house. Also a basement would require less elaborate vapor-proofing and would have a higher natural humidity; you could put water on the floor for additional humidity and not worry about it. Not to mention the smells. There is also a great deal of general construction information included in the book to help you know what you are dealing with.

The book also introduced me to a product called WhisperKool, a self-contained cooler made especially for home wine cellars (and thus offering a temperature range great for cheese!). These units start at just over \$1000. The company that sells them has a great Web site at www.vinotheque.com, which includes an on-line tutorial on building a wine cellar (click on “Interactive Guide: How to Build a Wine Cellar”).

Of course all the details in this book – shelving, inventory tracking, etc. – are specific to wine and you’ll have to look elsewhere for materials suitable for cheese. To my knowledge, there is no existing kit, complete with bar-coded labels (with bar-code reader) and computer program to keep track of your cheese. Maybe we’ll get there.

Making Artisan Cheese: 50 Fine Cheeses That You Can Make in Your Own Kitchen

Format: Book (176 pages)

Availability: Bookstores and online book vendors
Cost: \$14.95+ s/h. Gloucester MA: Quarry Books.

I happened on Making Artisan Cheese while looking for something else on Amazon.com, and wondered why in the world I hadn’t heard of it. It has a very attractive cover that promises “50 Fine Cheeses That You Can Make in Your Own Kitchen,” seemingly a candidate for the bookshelves of thousands of home cheesemakers.

Once my copy arrived in the mail, though, I had second thoughts. As the author

himself quotes in his discussion of an ugly, mold-covered cheese, “you can’t judge a book by its cover.” The cover, the photos, the layout and the intention of Making Artisan Cheese all seem terrific. It’s possible that a semi-experienced cheesemaker, who has learned not to take the advice of any cheese book as gospel, could make some decent cheese from Smith’s recipes.

There is, however, a good helping of inaccurate information in Making Artisan Cheese. To wit: Smith claims that late lactation milk is better suited for cheese than early; most cheesemakers would strongly disagree, since late lactation milk drains poorly and has other problems. He claims that there will be a layer of cream on top of ripened goat milk (after half an hour?), and that because it is naturally partially homogenized one should add calcium chloride to the milk. Huh? His photo of what is allegedly cottage cheese looks remarkably like a mold-ripened goat cheese. Another cheesemaker on an e-mail list discussion pointed out that Smith recommended cutting and stirring for Camembert (not usual practice), and she remarked that his “Cabra la Vino photo is another mismatch -- it actually looks like cottage cheese or lemon cheese.” Well, okay, maybe the publisher got the pictures mixed up, but that doesn’t say much for the book’s editing and proofing! Smith’s Caerphilly recipe actually looks more like a Cheddar recipe to me, failing to even mention the slicing and piling process that gives this cheese its characteristic flaky texture. He advises cooking Mozzarella curds at 105° for 2-3 hours, allowing them to “form a paste at the bottom of the pan.” Either this is a new way to make Mozzarella or he has never made it. And finally he recommends 40 pounds of pressure for Romano cheese, which usually gets no more than 10-20 pounds, at least on a small scale. I could go on, but you get the idea.

All in all, this book is a bit scary to me. I’d be interested in hearing from beginning cheesemakers who have actually used it for guidance.

American Country Cheese: Cooking with America’s Specialty and Farmstead Cheeses

Format: Book (266 pages)

Availability: Used booksellers, online booksellers and used book dealers
Reading MA: Addison-Wesley Publishing Co.

With a publication date of 1989, American Country Cheese is, unfortunately, way behind the times. Hundreds of new American artisan creameries have sprouted up around the country, and many included here no longer exist. The authors interviewed small-scale cheesemakers, supposedly from all over the country, but included none from the Southeast (like Sweet Home Farm in Alabama and Yellow Branch Cheese in North Carolina), while featuring a New York deli owner who stretches purchased Mozzarella curd, along with some rather large cheese plants from the Midwest. This was one of the first attempts to create a guide to small-scale American cheesemakers, an elite group of pioneers to which Laura Chenel belonged.

The first 31 pages of American Country Cheese consists of a “Primer of American Cheeses” by general type (usually European names like Gruyère and Cheddar), plus three proprietary cheeses (two of which were Laura’s). Following the Primer, the book is organized by cheese producer, roughly arranged according to region. It’s difficult to tell where the section for one cheesemaker ends and the next begins. The main value of this book in 2007 is probably for its recipes, which are bunched within the producer chapters, but can easily be located by looking up the name of the cheese type in the index. The recipes appear to be simple and composed of readily available ingredients. I’m looking forward to trying some of them.

Real Cheese Companion: a Guide to Best Handmade Cheeses of Britain and Ireland

Format: Book (310 pages)

Availability: Bookstores and online book vendors
Cost: \$11.90 + s/h. London: Time Warner Paperbacks.

When my best cheese customer moved back to England (her home), I sent her a copy of Patrick Rance’s Great British Cheese Book so that she could find good cheese. She later lamented that a major cheese shop and several of the cheesemakers listed in that 1985 book had gone out of business. So I was pleased to find an up-to-date replacement in Sarah Freeman’s Real Cheese Companion.

Like Rance, Freeman “scoured the countryside” for artisan cheese and its makers. She visited creameries, interviewed the cheesemakers and tasted the cheese. The result is a truly comprehensive and interesting read – far more so than the usual cheese guides, though this paperback is not a coffee-table encyclopedia weighted with luscious-looking glossy photographs. Freeman tells each individual cheesemaker’s story and includes tasting notes on a cheese or two from that producer. Associated recipes are incorporated within the chapters, which are organized by geographic location: Southeast, Southwest, the Midlands and North of England, as well as Ireland, Wales and Scotland. Sometime it’s a bit hard to tell which cheese belongs to whom and where the information about one creamery begins and ends. I dislike the tight binding, which will likely cause the book to fall apart if frequently used. (Apparently there is a hardcover version, which I have not seen. The price is fairly low, so I’d recommend going with that version.) Nevertheless, it is the information within that is important, and Freeman has done a fine service for the cheese lovers of the United Kingdom. As a bonus, she seems to have an excellent grasp of the cheesemaking process, which is not always true in this sort of book.

Best of British Cheese

Format: Book (95 pages)

Availability: Used booksellers, online booksellers and used book dealers.
Surrey UK: Dial House.

Best of British Cheese is an artistic introduction to British artisan cheeses, part of the “Best of British” series that also includes Bottled Beer and Fish & Seafood. The hardcover, pocket-sized guide is arranged by cheese name in alphabetical order, so its best use would probably be for looking for more information about a cheese you see sitting in the cheese case. Except for major types like Cheddar and Stilton, the descriptions are short, and the 1995 publication date means that some of the cheeses will no longer be available. (I note, for example, that cheese made by James Aldridge is included. Aldridge, who had an excellent online cheesemaking archive, passed away several years ago. His archive can still be accessed under at smalldairy.com, or directly at www.btinternet.com/%7emull.cheese/jalldridge/jaindex.htm). Additionally, many more independent cheesemakers have come on-line in the past decade, so Best of British Cheese is woefully incomplete. This book does not feature individual cheesemakers. At the end of the cheese description, its maker(s) and general location may be included, but the author seems to intend that you purchase cheeses at the shops of cheesemongers, of which dozens are listed inside the back cover. There are a few interesting-looking traditional recipes in the “Cooking with Cheese” chapter. Though Best of British Cheese would be a nice addition to a collection, a better choice for actual usefulness is The Real Cheese Companion by Sarah Freeman.

Quick and Easy Art of Smoking Food

Format: Book (184 pages)

Availability: Bookstores and online book vendors
Cost: \$13.50 + s/h. Clinton NJ: New Win Publishing.

This book is included here only for its value to cheesemakers interested in smoking cheese. Also see The Smoked Foods Cookbook.

The Quick & Easy Art of Smoking Food illustrates how to construct several types of cold smokers (the type required for cheese) – ranging from a simple pit and barrel smoker made from recycled parts, to an elaborate cinder block building. There are even instructions for using a cardboard box (carefully!) or an old refrigerator as a smoke chamber. The section on smoke fuels and flavors is very short, and cheese merits only a few paragraphs, but this is the better of the two books.

Cheese: A Treatise on the Manufacture of American Cheddar Cheese and Some Other Varieties, etc.

Format: Book (522 pages)

Availability: Used booksellers, online booksellers and used book dealers
New York: Orange Judd Publishing Co.

Cheese appears to be a blander, later version of *The Science and Practice of Cheese Making* by van Slyke and Publow. Dr. van Slyke died in 1931, before the second edition of *Cheese*. Much of the content seems to be the same as *Science and Practice*, but gone are the charming, old-fashioned typeset, the gold gilt embossed letters on the spine, the pen-and-ink drawings of equipment, and the interesting mis(?)spellings of words (enzymes, Camembert). The new book feels more logically organized, and is updated to reflect new knowledge and trends. I note a few photographs and some other graphics that were not in *Science and Practice*. Unlike other dairy manufacturing books of the mid-20th century, there isn't a strong emphasis on big machines.

Interestingly, at the time of the 1949 printing of this book, pasteurization was not yet mainstream for cheese. The authors note that "several states have laws which require the pasteurization of milk for Cheddar cheese," and they predict that the practice will become more common, but they also point out that pasteurization should not be employed as a panacea for poor quality milk, citing research concluding "that pasteurization was only partially effective in correcting the faults of an inferior milk supply."

Remarkably, half a century after the original pasteurization brouhaha, pasteurization of milk for the country's most popular cheese is considered a "modification of the cheddar process" (chapter 14) and merits only a few pages in this 500-page book!

Cheese is available for considerably less than *The Science and Practice of Cheese Making*, and is certainly a worthwhile addition to the library of anyone interested in making Cheddar cheese for sale.

Gourmet Guide to Cheese (Gourmet's Guide Series)

Format: Book (120 pages)

Availability: Used booksellers, online booksellers and used book dealers
Los Angeles: HP Books.

Once the cheesemaker has an aging room full of cheese, the question is how to market it. A talented chef may know what to do with a particular cheese, as the result of his or her training, but the vast majority of producers and consumers will not. *A Gourmet's Guide to Cheese* explains some of the essentials: creating an attractive cheese tray, storing cheese and cooking with cheese. It is one of the few books that, rather than simply listing appropriate specific wines to pair with cheeses, explains the principles behind the pairings. The *Gourmet's Guide* lists and pictures more than 170 cheeses by type in an attractive and easy-to-use format, and offers 35 pages of recipes that do not appear outdated, despite the book's 1989 publication date.

How and Why to Build a Wine Cellar

Format: Book (272 pages)

Availability: Bookstores and online book vendors
Cost: \$19.77 + s/h. N. Amherst MA: Sandhill Publishing.

This paperback was recommended by someone on the Artisan Cheesemakers' e-mail list as a good source of information for building an underground aging room. Although the book obviously focuses on wine storage, there is a great deal of good, detailed material on building a cellar, including formulas for determining soil temperature fluctuations, suggestions for siting, discussion of soil types and

drainage issues, vapor barriers, construction details, temperature and humidity regulation within the cellar, and much more. If you are into wine, you'll get a double bonus; about half the book discusses wine, wine-tasting, storage, even medical issues surrounding wine-drinking. The author's style is friendly, and he has a rather dry sense of humor. The only thing I don't like about the book is that someone forgot to leave sufficient margins for binding, so it's particularly difficult to read the ends of the lines. Fortunately the binding seems to be sturdy enough to handle the necessary pulling.

Fancy Cheese in America: From the Milk of Cows, Sheep and Goats

Format: Book (96 pages)

Availability: Used booksellers, online booksellers and used book dealers

Chicago: American Sheep Breeder Co.

Cost: \$19.95. Whitefish, MT: Kessinger Publishing LLC

This little book is a real treasure. In the hundred pages of this 7½" x 5" book, *Fancy Cheese in America* offers around 35 cheese recipes, complete with acidity markers and extraordinary production details. The author refers readers to another of his works, *The Science and Practice of Cheesemaking*, for background and science, and proceeds to describe how to make truly "fancy cheese," including several types of bleu cheese, Pont L'Évêque, pineapple cheese (named for the unusual mold shape and net markings), oka, Isigny and others. This is totally in opposition to another book called *Fancy Cheese* by W. W. Fisk, which doesn't cover fancy cheeses at all! Publow's detailed descriptions give us a window onto exotic (for the U.S.) cheesemaking methods in the early 1900s. For instance: Edam was rubbed with linseed oil and immersed in carmine or Berlin red for color, with separate wooden molds used for pressing and salting; Gouda was dipped in a saffron solution; Gorgonzola was coated with a mixture of "barite or gypsum, lard and coloring matter" and was made with a two-curd system (morning and evening curd); Publow also speaks of drying cheese in the sun.

No doubt he had studied cheesemaking in Europe, and one has to wonder if the American Sheep Breeders, who published the book, had their eyes on the possibility of a sheep cheese industry at the time. It's finally happening almost a century later!

French Cheeses: The Visual Guide to More Than 350 Cheeses from Every Region of France

Format: Book (240 pages)

Availability: Bookstores and online book vendors, or by contacting: Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$19 + s/h. New York: DK Publishing.

Books that just make the reader hungry for farmstead and other unique cheeses have become popular in the last decade, even the past five years, reflecting the rapid rise in interest in these products and a growing sophistication in American cheese tastes. *French Cheeses* introduces us to cheese as art, and takes the reader on a unique Tour de France. The authors sort the cheeses by general type, and each cheese is given a third to half a page, including at least one photograph and an interesting paragraph describing the cheese, its flavor, perhaps some history and its affinage. For each entry there is a somewhat complex but useful system of symbols and a tiny map of France, with a red dot indicating where the cheese is made. The symbols indicate "essential facts" – shape, weight, dry matter, fat content and season – what kind of drinks pair with the cheese, the basic cheesemaking process, and what type of milk is used. Additionally, "special features" are scattered through the book with such titles as: "How Goat Milk Cheeses Are Made" and "Nutritional Values of Cheese." A glossary and a list of producers, shops and markets also assist the reader ready to pursue the real-life

tour. I can see this book becoming well worn on a trip to France. A word of warning: some veteran cheesemakers say there are inaccuracies in this book, preferring Patrick Rance's book that goes by the title, French Cheese.

Fabrication of Farmstead Goat Cheese

Format: Book (206 pages)

Availability: Bookstores and online book vendors (Cost: \$22.95 + \$5.98 s/h) or by contacting:

Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com;

www.cheesemaking.com Cost: \$22.95 + \$6.75 s/h

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); info@smalldairy.com; www.smalldairy.com Cost: \$26 + s/h

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com;

www.cheesereporter.com Cost: \$28.95

Caprine Supply, DeSoto, KS, 66018; (800) 646-7736 (ph); (800) 646-7796 (fax); www.caprinesupply.com Cost: \$23.95 + s/h

A bit more advanced and technical than the Benedictine Nuns' goat cheese book (Goat Cheese: Small Scale Production), this book is still entirely readable by laypeople. The Fabrication of Farmstead Goat Cheese is fairly thorough in its coverage of the materials and processes involved, and includes plenty of information on what can go wrong with both milk and cheese, and how to correct the problems. There is also a long chapter devoted to setting up a farmstead cheese dairy. Unfortunately there are many typographical errors and the type is crowded with a poor choice of font, making reading difficult.

Cheeses of the World: An Illustrated Guide for Gourmets

Format: Book (256 pages)

Availability: Bookstores and online book vendors
Cost: \$33.75 + s/h. New York: Rizzoli.

If there is ever a case where one can judge a book by its cover, this may be it. It begs to be placed on the coffee table. The richness of the front cover photograph, displaying an exquisite array of cheeses, promises excellence throughout. I had been disappointed at being unable to obtain a copy of Cheese: A Guide to the World of Cheese and Cheesemaking by Battistotti (now out of print but occasionally available from online booksellers), but Cheeses of the World amply fills the void. Similar in format to the Battistotti book, this book presents a history of cheesemaking worldwide, a description of cheese production, and detailed descriptions of individual cheeses from many countries. With rich illustrations throughout, the authors take us on a delightful tour of the world of cheese. Not only are cheeses themselves pictured, but the cheese producers and their animals also have a prominent place among the photographs, which sets this book apart from similar texts. Some Americans will no doubt wonder how people in many countries eat cheese made under such conditions (hand milking outdoors with not an ounce of stainless steel) and manage to survive! Cheeses of the World lacks an index, which is a nuisance, but the foreword deserves mention as a profound salute to and support for sustainable/organic dairying. Patrick Rance has a full grasp of the relationship of pasture to product, as well as an appreciation for the farmstead cheesemaker. Such promotion will do much of the marketing work for sustainable dairying.

Science and Practice of Cheese Making: A Treatise on the Manufacture of American Cheddar Cheese and Other Varieties, etc.

Format: Book (487 pages)

Availability: Bookstores and online book vendors
New York: Orange Judd Co.

Though I haven't seen this book is as strongly recommended as some other old texts for cheesemakers, it is becoming more difficult to find and the price is through the roof, often over \$100. It contains few recipes, and those few are skimpy on detail (Cheddar, Edam and Gouda excepted), and was apparently created as a textbook and factory manual mainly for the production of American Cheddar style cheese. Science and Practice leans heavily on university research and might be seen as an excellent example of the original purpose of the Extension Service: to convey the results of university research to the agricultural sector and the public. Throughout Science and Practice the authors illustrate their claims with summaries of research, including many useful tables. For example, one table clearly shows the effect of salt on cheese ripening; another allows the reader to see what effect the amount of rennet has on breakdown products (i.e., flavor compounds) in an aging cheese. (I found the chapter on ripening to be most interesting!)

Like most cheesemaking texts, there is much emphasis on quality milk production, sanitation, yield and cheese defects. The defects sections might be particularly useful because the authors offer specific remedies for many of them, which is unusual.

As the price of the old copies becomes prohibitive, I've seen one E-bay seller offering this book on a CD, an option I find particularly unappealing, but more modern cheesemakers than I may be perfectly content to stare at a computer screen, rather than cozy up with a musty old book.

Cheesemaking Practice

Format: Book (449 pages)

Availability: Bookstores and online book vendors (cost: \$208 + s/h. Gaithersburg MD: Aspen Publishers Inc.) or by contacting:
Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com Cost: \$155. Print on demand

Cheesemaking Practice is the declared favorite reference book for more than one veteran cheesemaker. The main body of the book is full of useful information on the general cheesemaking process, with many tables and graphs that will serve a cheesemaker well, though some of it relates only to the industrial scale. Here is the science behind the art. Cheese recipes are given in outline form, and in the new edition the recipes are arranged alphabetically, which is an improvement over their seemingly random organization in the second edition. In some cases they are easy to understand; others are confusing because of a failure to indicate just when certain steps are supposed to take place. Some recipes include pH and/or TA values, but not all do. Cheesemaking Practice doesn't contain as wide a range of recipes as Cheese and Fermented Milk Foods, but Cheesemaking Practice seems a bit friendlier to the farmstead cheesemaker. If using either of these major references, the cheesemaker needs a range of metric equipment and measuring tools for best results.

Smoked-Foods Cookbook: How to Flavor, Cure and Prepare Savory Meats, Game,

Fish, Nuts and Cheese

Format: Book (216 pages)

Availability: Bookstores and online book vendors
Cost: \$14.93 + s/h. Mechanicsburg PA: Stackpole Books.

This book is included here only for its value to cheesemakers interested in smoking cheese. Also see *The Quick & Easy Art of Smoking Food*.

The *Smoked Foods Cookbook* is a disappointment if you want information on smoking cheese. There are only two paragraphs devoted to cheese and the advice is strange – they tell you to cut the cheese into 1" cubes or slices before smoking. Smoker construction is only described in this book and not illustrated. There is a useful page on wood flavors, but no mention of cheese here. I've found more substantial information on wood flavors on the Internet.

Feta and Related Cheeses

Format: Book (258 pages)

Availability: Used booksellers, online booksellers and used book dealers or by contacting:
Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718;
(608) 246-8430 (ph); (608) 246-8431 (fax);
info@cheesereporter.com;
www.cheesereporter.com Cost: \$286. New York: Ellis Horwood Ltd.

Feta and Related Cheeses contains seven articles about this family of cheeses, several of which are quite technical and complex. The introduction contains useful charts comparing the composition of cow, goat and sheep's milk. There is an excellent chapter on traditional processes for making feta cheese, then a long (73-page) chapter on industrial processes. The last four chapters cover Halloumi cheese, Egyptian soft pickled cheeses, miscellaneous white brined cheeses and cheeses made by direct acidification. These chapters give information on the cheeses' chemical composition, with both traditional and modern methods; most give alternatives for different types of milk. Although an excellent reference, *Feta and Related Cheeses* is probably only worth the price to those who are in the process of making these cheeses commercially. Interlibrary loan is an option for others.

Forgotten Harvest: The Story of Cheesemaking in Wiltshire

Format: Book (218 pages)

Availability: Used booksellers, online booksellers and used book dealers, or by contacting:
Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com
Cost: \$10 + s/h. Wiltshire, England: Cromwell Press.

Having been subjected to the tiresome study of "history" (which in my school meant wars and presidents), historical books have rarely been of high interest to me until recent years. I obtained *Forgotten Harvest* on the recommendation of its author after meeting her at an American Cheese Society conference. Wilson has done a painstaking job of piecing together the story of the rise and fall of cheesemaking in Wiltshire, England, back to the 13th century. Apparently few written chronicles exist of the story of the farmhouse production of these cheeses, which were much sought after in the mid-1800s, and Wilson must have spent many hours going through old newspapers, books and account records, as well as making personal contacts.

Particularly interesting was the story of the dairymaid, the hired woman who made cheese for 10 months of the year, sometimes daily from 3 a.m. to 9 p.m., for a wage of about £7 a year. Many dairy farmers became prosperous as a result of the slave labor of these women, but with a twist of "farmer karma," the farmers ultimately became serfs of the processing plants. When the railway was built into Wiltshire and jobs became available in the city, young country women rapidly exited the countryside for the more reasonable hours and wages of factory work, leaving farm wives and daughters to do the cheesemaking. Eventually they also found the work too arduous. With a growing market for milk for factory processing, there was little incentive to make cheese on the farm, despite numerous attempts by some institutions to interest the local populace in farmstead cheesemaking (apparently someone noticed what they were missing!). Since milk buyers set the price they paid for fluid milk, dairy farmers began their slide into dependence upon the processors and subsequent overproduction with resulting prices even lower. One wonders when a similar justice will befall the current system.

Goat Cheese: Small Scale Production

Format: Book (88 pages)

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330;
(413) 628-3808 (ph); (413) 628-4061 (fax);
info@cheesemaking.com;
www.cheesemaking.com Cost: \$9.95 + \$5.75 s/h
Caprine Supply, DeSoto, KS, 66018;
(800) 646-7736 (ph); (800) 646-7796 (fax);
www.caprinesupply.com Cost: \$9.95 + \$6.50 s/h
Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; info@cheesereporter.com;
www.cheesereporter.com Cost: \$14.95

This little 88-page booklet is packed full of useful information for the prospective and active cheesemaker. Illustrated with artistic black and white photographs by Tommy Elder, the book details the theory and applications of making several types of goat cheese, including white mold-rinded types. Useful tables, generic recipes, flowcharts and a glossary provide the small-scale producer with all the information needed to begin making goat cheese.

Grassfed Gourmet Cookbook: Healthy Cooking & Good Living with Pasture-Raised Foods

Format: Book (269 pages)

Availability: Bookstores and online book vendors
Cost: \$25 + s/h. Bala Cynwyd PA: Eating Fresh Publications.

Warning! Don't buy this book if you are looking for dairy recipes. Unfortunately, *The Grassfed Gourmet Cookbook* only gives lip service to dairy – a mere five recipes tucked in at the very end of a small chapter on grass-based dairy and the pasteurization issue. Annie Proulx's *Complete Dairy Foods Cookbook* and even some of the cheesemaking how-to books are much better on that score. Still, I think I might just try that Bittersweet Hot Fudge Sauce.

Following several chapters devoted to grass-fed basics, Hayes serves up five courses of grass-based recipes, heavy on the meat: (1) Beef, Bison, Venison and Veal; (2) Lamb and Goat; (3) Pork; (4) Poultry and Rabbits; and (5) Dairy and Desserts. Many of the recipes were submitted by farmers who raise meat animals, an indication that these are down-to-earth recipes that have actually been tried and used! Most appear to have simple and readily available ingredients, without leaving out the spices of life. In fact, there's a whole chapter in the back just on

rub and marinades.

Within each chapter Hayes includes useful information such as common retail cuts and the ideal cooking methods for each, useful preparation tips and farm stories. Final chapters contain excellent material for people who are buying directly from grass farmers, including cutting suggestions that customers unfamiliar with the process can use to work with the butcher when buying a quarter or half animal. The appendix includes a short list of producers that consumers can contact and, interestingly, there is a recipe index by cut, as well as a regular index. How thoughtful! This will no doubt be useful to the poor befuddled suburban consumer who pulls a package of ham hocks out of the freezer and wonders what the heck to do with them! Some of my favorite vegetarian cookbooks are organized this way – by the name of the vegetable, rather than the name of the recipe. Now when I’m loaded up with celery root, I can actually figure out how to make the best use of it!

Vegetarian Cookbook for Cheese Lovers

Format: Book (243 pages)

Availability: Bookstores and online book vendors

Cost: \$11.53 + s/h. Nashville TN: Cumberland House

Publishing.

The Vegetarian Cookbook for Cheese Lovers fails to go much beyond a standard church cookbook or a publication by Kraft Foods. If you are cooking with ingredients like canned cherry and raspberry pie filling, canned cheese soup, marshmallow creme, frozen corn, lots of white bread, crushed crackers and refrigerated biscuit dough, why bother to be a vegetarian? Okay, there’s no meat, but this is not exactly healthy eating. There are many, many other cheese cookbooks with much more creative and appealing recipes using farm-fresh ingredients that make vegetarian cooking a joy.

Cheese: A Connoisseur’s Guide to the World’s Best

Format: Book (305 pages)

Availability: Bookstores and online book vendors

Cost: \$23.10 + s/h. New York: Clarkson Potter.

I was a little perturbed when my copy of this book arrived – it was an “uncorrected proof” with grainy black-and-white photos, rather than the full-color book advertised on Amazon.com. I went back and checked – there was no indication that they were selling an unfinished manuscript, and I probably should have returned it but decided it was good enough for review purposes. The page I ordered it from said it was an “A.R.C. paperback,” which may be some sort of code for a manuscript. I mention this here to alert readers to one of the pitfalls of online ordering.

Max McCalman is the maître fromager at Picholine Restaurant in New York City, an establishment so into cheese that it was the first to construct its own temperature- and humidity-controlled cheese cave. McCalman clearly has a passion for cheese, and the stated purpose of his book is to produce a “Pantheon of Real Cheeses,” a “Cheese Hall of Fame,” focusing mainly on handmade cheeses, mostly from the U.S. and Europe. Each cheese merits its own page, with photograph and a friendly, not-too-snooty descriptive paragraph. Then, the authors provide additional information under the rubrics of general production method, appearance, similar cheeses, seasonal notes and wine pairings. Peculiar to this book, McCalman adds his own perfection rating on a scale of 1-100 (the choices here are all 70+, with no perfect 100s). He also rates each cheese according to its “strength” (mild to strong flavor), also an unusual feature. I really like this book and think it will be useful. I’ll probably invest in the finished version one of these days!

The Cheese Course: Enjoying the World’s Best Cheeses at Your Table

Format: Book (108 pages)

Availability: Bookstores and online book vendors

Cost: \$14.96 + s/h. San Francisco: Chronicle Books.

In France, the cheese course is the treat at the end of the meal, following dessert. A cutting board or special dish makes the rounds of the table, with each diner taking samples of all the cheeses that look appealing. When I toured the country with a group of fellow cheesemakers, most of the cheese courses we enjoyed had from three to six cheeses, with variety ranging from mild to strong. It’s a wonderful way to sample cheeses without spending a lot of money, and a way to extend the camaraderie of the meal.

Big city restaurants in the US have been serving cheese courses for some time, often featuring regional or local cheeses. As a cheesemaker, I was sometimes the beneficiary of the focused attention that a cheese course allows; people would call me saying they had had my cheese in a restaurant and wondered if they could order it. It’s great advertising.

Janet Fletcher is a regular at the American Cheese Society conferences. In her book she presents cheese courses that look like desserts, most of them featuring a single cheese adorned with fresh greens, fruit, sauces, nuts or breads; one bleu cheese was made into a torta. Fletcher also offers ideas for trios of American, Spanish, Italian or French cheeses with garnishes. The photographs in this book, by Victoria Pearson, are mouthwatering – you just want to grab one of those fresh figs with a sliver of Great Hill Blue! In addition to giving consumers ideas for featuring cheese, The Cheese Course can also offer the cheesemaker ideas on how to present her cheeses at their best.

Practice of Soft Cheesemaking: A Guide to the Manufacture of Soft Cheese and to the Preparation of Cream for Market

Format: Book (116 pages)

Availability: Used booksellers, online booksellers and used book dealers

Cost: \$38.45. London: George Allen & Unwin, Ltd.

This is a cool little book and a real treasure if you can find it at a reasonable price. Measuring 5 x 7” and only 116 pages long, the \$33.50 I paid for it at first seemed excessive, but recently I’ve seen it advertised for much more. It is offered as a print-on-demand book for a little over \$30 from the U.K.

Inside the covers are delightful ads for dairy equipment and products; my copy is the fifth edition, 1930, and I’m unsure whether the ads are from the original (1903) or one of the later editions. Throughout the book there are illustrations of various pieces of equipment, including molds used for different cheeses, and something called a Devonshire cream stove, for concentrating cream for that delicacy.

Most importantly, however, The Practice of Soft Cheesemaking includes detailed, low-tech instructions for producing a number of soft and semi-soft cheeses, mostly French and English types, and – almost as an afterthought, following the glossary – cottage cheese. There is one goat cheese included, too.

Some “translation” is in order: rennet amounts are often measured in drams, and (what sounds like) yogurt is referred to as “Bulgarian sour milk.” As with nearly every cheesemaking book, there are chapters on producing and maintaining wholesome milk and cream. The glossary is extensive (11 pages) for such a tiny book and – if you are so inclined – you can answer the examination questions at the end.

Soft Cheese Making: A Beginner's Guide to Making Butter & Soft Cheeses at Home

Format: Book (28 pages)

Availability: Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax); www.thegoatstore.com Cost: \$5.50 + s/h. Waco, TX: Center for Essential Education.

See description for Cheese Making at Home by the same publisher.

Cheese Making at Home: A Beginner's Guide to Making Soft & Hard Cheeses

Format: Book (101 pages)

Availability: Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax); www.thegoatstore.com Cost: \$16.35 + s/h. Waco, TX: Center for Essential Education.

I purchased this book, along with Soft Cheese Making by the same publisher, from a goat supply catalog. Essentially, Soft Cheese Making is the first chapter of Cheese Making at Home, so there's no point in buying both. The recipes are not too impressive and, like many beginners' books, create some frustrated cheesemakers by relying on time periods rather than acidity markers for various steps in the cheesemaking process. The illustrated instructions for making hard cheeses in the center of the book are way too general and do not apply to many cheeses, which may be confusing.

The spiral binding on Cheese Making at Home is nice; IMHO, every recipe book publisher should be so considerate! The selection of recipes looks interesting, though I haven't tried to make cheese from this book. There are some unusual and useful appendices: how to construct a cheese press, how to make a cheese mold, and a rather complex fold-out make sheet. Some of the solutions in the "problem solver" section are inaccurate: for example, for "cheese lacks flavor," the author says the cheese "may not contain enough acid." Possibly true but, in many cases, flavorless cheese is caused by too much acid, which disrupts the chemical activity, resulting in poorly developed flavor, so advice to add more culture could be counterproductive.

Italian Cheese: A Guide to Their Discovery and Appreciation

Format: Book (309 pages)

Availability: Bookstores and online book vendors
Bra, Italy: Slow Food Arcigola Editore.

Very similar in format to the Eyewitness series book called French Cheeses, this book is a great way to get to know the range of authentic Italian cheeses available. I use the two books frequently when looking up cheeses (or looking for ideas), and I'd certainly take it along if I were traveling to Italy. Arranged by region, most of the cheeses merit a full page; a few special types like Gorgonzola, Parmigiano Reggiano and Robiola get two pages. For each entry, above the cheese name is the milk type. Following a narrative paragraph about the cheesemaking process, topical descriptions include rennet type, outer rind, body, top and bottom, height and weight, territory of origin and DOP status if applicable.

Curiously, Slow Food, known for their promotion of "taste," is very clinical in their descriptions, with very little said about the cheese's flavor. The first 45 pages of the book contain general information on cheesemaking and serving, as well as a glossary of cheese terms.

Fancy Cheese: A Practical Treatise on the Popular Soft Cheeses

Format: Book (80+ pages)

Availability: Used booksellers, online booksellers and used book dealers
Milwaukee WI: Olsen Publishing Co.

A strange little book, this one. First of all, none of the cheeses described can today be called "fancy." Even at the time of publication, most of the cheeses were those commonly made by farmers' wives; pot, cottage, baker's, hoop, farmer's and pimento cheese. Fancy? Weirdest of all, a full 14 pages are given over to the making of loaf cheese, including the text of patent #14,777, issued to James Lewis Kraft in 1919. It's hard to say whether this patent describes what we now call American cheese or Velveeta, but it consists of ground-up Cheddar (or other cheese), heated to ~175°, stirred and melted into five-pound or smaller loaf tins.

The chapters on the common cheeses named above are quite detailed and include acidity markers, which is less common in many newer books. A creamery wanting to specialize in these old-timey cheeses might find the descriptions useful.

The appendix, entitled "Useful Information," includes such topics as how to make freight claims, horse power of line shafts, water, steam, how to figure belts, dimensions of cylinders, simple interest rules, comparative size of sanitary pipe with proportionate capacities, etc. I suppose it was quite a different world.

Texel Guide to the Manufacture of Great British Cheese

Format: Book (40 pages)

Availability: Bookstores and online book vendors
Cheshire, Great Britain: Nantwich Publications; available from amazon.co.uk.

Passion for Cheese: More Than 130 Innovative Ways to Cook With Cheese

Format: Book (192 pages)

Availability: Bookstores and online book vendors
Cost: \$19.95. New York: St Martins Press.
Cost: \$19.95. London: Kyle Cathie Limited.

A Passion for Cheese is a cookbook for wealthy gourmets who live in an urban environment with markets close at hand that cater to upscale tastes. Beautifully laid out and illustrated, Gayler's book offers mouthwatering photographs of such delicacies as "Oyster and Spinach Pizza with Chorizo Sausage and Melting Dolcelatte." Sorry, Paul, there is no dolcelatte in the dairy case of my rural grocery store. Perhaps, then, I should try "Wing of Skate with Camembert, Spinach, Lardons & Cider." If I only knew what "lardons" were.

What, no glossary? No matter -- I can always conjure up some "Malfattini of Ricotta and Arugula with Pecorino and White Truffle Oil Sauce." Somehow this book makes me feel stupid. To be fair, there are a few recipes with simple ingredients, such as "Potato and Wisconsin Cheddar Soup." (Please sir, may we substitute Vermont or Pennsylvania cheddar?) Overall, though, the recipes are completely out of reach for the average person. This might be a nice cookbook to sell in an urban cheese shop. To look at it makes one hungry.

And That's How You Make Cheese!: The Definitive Guide To Making And Aging The World's Best Cheese At Home!

Format: Book (138 pages)

Availability: Bookstores and online book vendors

Cost: \$10.74-\$11.95 + s/h. Lincoln NE: Writers Club Press.

NOT! In all my cheese book reviews since 1997, I don't think there has been a single one that I couldn't recommend on some level. Until now. This little book contains so much misinformation it might even be dangerous. Apparently the writer and his wife are foodies who like to make their own beer, wine, bread and (gulp) cheese. Unfortunately they also want to share their experiences with the world.

As if the misspellings, poor diction, dangling modifiers and bad grammar aren't enough, Sokol advises us that "Chevre [sic] is a thick and creamy cheese with a slight hint of acidity due to the goat's milk." Unless he considers pH 4.6 as "slight" acidity, then he is not properly making chèvre (spread). He also informs us that direct-set starter cultures "include not only the bacteria required to ripen the cheese, but also contain the rennet necessary to coagulate the milk into curds quickly." These definitions are just plain wrong.

In the book's recipe for Mozzarella, the curd is somehow acidified both with citric acid and lactic bacteria, and his finished balls of Mozz are soaked in saturated brine for 8-10 hours, after being stretched in brine water (which is usually enough all by itself). Surely he has not eaten this cheese! Except for testing Mozzarella curd for stretch time, I saw no reference to testing acidity, a critical measurement of the progression of cheesemaking. In most recipes he uses only time and an occasional tactile measure that isn't really well explained as references for when the cheesemaker is supposed to go to the next step – a recipe for disaster.

This book costs \$11.95. If you are looking for a beginner's book, spend the extra five bucks and get Ricki Carroll's Home Cheesemaking instead.

World Encyclopedia of Cheese

Format: Book (256 pages)

Availability: Bookstores and online book vendors

Cost: \$24 + s/h. New York: Lorenz Books. London: Lorenz

Books.

Yet another excellent and visually compelling guide to cheeses of the world. It is similar to The Cheese Bible, though lacking the detail of the cheesemaking process offered in that book. The Encyclopedia's strength is in its organization, wherein cheeses are grouped by place of origin, and each cheese is given separate treatment. This book, too, has mouthwatering gourmet recipes that do not require extraordinary ingredients. Some of the cheeses may be difficult to find in non-urban areas, but substitutes are suggested. Clear directions with instructive photographs for preparation put these fine recipes within the reach of any cook who can follow directions.

Pfizer Cheese Monographs

Format: Book

Availability: Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: Varies+ s/h. Occasional availability, usually single volumes

This series was published in the 1960s and 1970s; there were seven volumes listed:

- I. Italian Cheese Varieties by G. W. Reinbold
- II. American Cheese Varieties by H. L. Wilson and G. W. Reinbold
- III. Cottage Cheese and Other Cultured Milk Products by D. B. Emmons and S. L.

Tuckey

IV. Ripened Semisoft Cheeses by N. F. Olson

V. Swiss Cheese Varieties by G. W. Reinbold

VI. Lactic Starter Culture Technology by W. E. Sandine

VII. Blue-Veined Cheeses by H. A. Morris

For someone who is producing the specific cheeses covered by these monographs, these little books contain valuable references. All contain specific production information, tables, nice black and white photographs, and extensive reference lists. The books contain some bias toward large-scale production – with an attitude typical of the technological 1960s Reinbold brushes off the "romance" (as he calls it) of farmstead cheesemaking in favor of the "science" of modern processes. Some of the monographs are more thorough than others; for example, Swiss Cheese Varieties is quite detailed, while Italian Cheese Varieties is a bit sparse. You can locate the books in well-stocked university libraries with an agricultural bent, and occasionally individual copies will find their way to an online bookseller. Because they are rare they tend to be very pricey.

Traditional Cheesemaking: An Introduction

Format: Book (112 pages)

Availability: Bookstores and online book vendors

Cost: Varies + s/h. New York: Bootstrap Press.

ITD Publishing.

This little book is easily read cover-to-cover in an hour or two, and contains a surprising amount of good general information on the subject. It is the result of a rural development project which transferred a successful model of cheesemaking on a small scale in Switzerland to Third World countries, including Nepal, Afghanistan, Peru and Ecuador. Traditional Cheesemaking describes the general process of making cheese and gives detailed descriptions for Provolone and Mozzarella. One useful chapter describes simple tests for bacteria counts, mastitis, acidity, antibiotics, density and fat (some requiring specialized equipment). Preparation of a mother culture and a nice table on dairy cultures are also included. The final chapter illustrates plant layout and lists equipment needs. The book lacks an index, and the somewhat scattered organization is another strike against it, but Traditional Cheesemaking is brief enough that it's not impossible to find the useful bits of information offered throughout.

Cheeses & Wines of England & France: With Notes on Irish Whiskey

Format: Book (418 pages)

Availability: Bookstores and online book vendors (cost varies + s/h. New York: Harper & Row), or by contacting:

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: Varies + s/h. Used books only

My first encounter with this book was through the Artisan Cheesemakers e-mail list. List moderator Julia Farmer is an avid fan of Ehle's wandering treatise, and she described it with glowing accolades in many of her posts. Book nut that I am, of course I had to find a copy and promptly did. Not long after that, a cheesemaker friend showed up on my doorstep with some artifacts from John Ehle's estate, including an interesting old cheese press and Ehle's copy of the rare Patrick Rance book, The French Cheese Book, that a friend had given her. It was the first time I had ever laid eyes on the Rance book and, noticing my drooling, Cynthia graciously let me borrow it until I found my very own copy (at a cost of more than \$100!). But this review is of Ehle, not Rance. Ahem.

While I'm not very interested in home winemaking (mainly because I only have so much time!) or Irish Whiskey, I found Ehle's book worthwhile if only for its cheesemaking descriptions, which comprise almost half the text. In the introduction, Ehle says it was his interest in making wine that initially led him into the cheese world. At that time (the 1960s) there simply was not much information

out there (in the U.S.) about cheese making, which challenged him to gather it where he could. He collected dusty old pamphlets from antiquarian bookstores. He visited cheesemakers in his home state of North Carolina, in Wisconsin and in England and France. He spent hours in European reading rooms and libraries. He ended up, after eight years, with “a stack of materials not available anywhere else which seemed to me to want to be a book, some sort of book, a book like this one, which describes how cheeses and wines have been made in homes for generations, and which shows, therefore, how you can make them in yours, with local modifications as you please.”

As you might glean from the last sentence, Ehle’s style is not what one would call “crisp and clean,” and this is no textbook, to be sure. He “speaks” like an old southern gentleman; I imagine his voice to be like that of Alistair Cooke as he reads his “Letter from America” on the BBC and, as with Cooke, there is often a subtle humorous edge to the stories he tells. Those raised on three-minute sound bites may be impatient with Ehle, but I don’t mind – I enjoy the relaxed pace of his writing, in contrast with the rest of my hyped-up American life.

Ehle doesn’t give his recipes in standard recipe form, with the ingredients at the top and step-by-step instructions below. In many cases, he writes from his observations of cheesemakers as they work their magic. The resulting prosaic descriptions include much more information than one would normally obtain from a simple recipe, and for some cheeses he offers both traditional and more modern methods. He includes simple drawings of molds and cheese tools. Although I rarely use the book for recipes now that I’ve gone commercial, I often find myself referring to Ehle for other tidbits of knowledge – for example, how a Brie differs from a Camembert or why Double Gloucester is called “Double” (it is not because it has double the cream, as many believe).

The Cheeses & Wines of England and France is not perfect. One veteran California cheesemaker claims that some of his information is inaccurate, though she doesn’t specify which. Recipes don’t always include acidity or pH figures, but there are usually other guidelines or markers used by cheesemakers without access to lab equipment. Still, I haven’t had as many problems trying to follow Ehle’s recipes as I did using Cheese and Fermented Milk Foods, and I find the extra information – such as detailed descriptions of rind care for Gruyère instead of the simple order to “smear every two days” – to be quite helpful. Overall, I think The Cheeses & Wines of England and France is a useful addition to the serious cheesemaker’s library.

Fundamentals of Cheese Science

Format: Book (587 pages)

Availability: Bookstores and online book vendors (cost: \$185 + s/h) or by contacting:

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com
Cost: \$221. Gaithersburg MD: Aspen Publishers, Inc.

My heart goes out to students of cheesemaking in universities where some of these textbooks are required. Here is yet another one with a \$200+ price tag! Fundamentals of Cheese Science is an advanced-level text that delves into the microbiology, biochemistry and physics of cheesemaking and products. I have never been able to sit down and read long passages of this book at a time – I used to put myself to sleep in college trying to read chemistry books – but I have used it on many occasions as a reference book. The excellent index and organization are conducive to that purpose.

This book contains a chapter on pathogens and food poisoning in cheese, with tables that illustrate how few cases of illness are actually due to the consumption of cheese. For example, “during the period 1970-1997, an estimated 235,000,000 tonnes of cheese were produced in Western Europe, the United States and Canada.” Yet between the years 1948-1997 in the U.S. and 1970-1997 in Western Europe and Canada, a mere 96 people were reported to have died from eating contaminated cheese, half of those in one incident in the U.S. from a pasteurized batch of cheese contaminated post processing.

While the pathogen chapter has been the one I’ve referred to the most, I’ve also had many occasions to look up answers in this book to technical questions on

everything from rennet to ripening processes. If you have access to Fundamentals of Cheese Science at a nearby (university) library, you are fortunate. Cheese guilds might consider purchasing a copy to share, and larger-scale plants should have one on the shelf. I’ve never seen a used copy for sale.

Camembert: a National Myth

Format: Book (257 pages)

Availability: Bookstores and online book vendors

Cost: \$26.73 + s/h. Berkeley: University of California Press.

Wearing the guise of a detective, Boisard, the social scientist/historian, treats his readers to the story of the transformation of this simple peasant girl into a sophisticated woman of the world. In the process, naturally, she loses her soul. Ambitious artisan cheesemakers might do well to heed this cautionary tale.

Much of the telling is tied into the history of France starting with the Revolution and moving through the cataclysmic world wars of the 20th century. Fortunately for the reader who is also a cheesemaker he interleaves this journey of commercial triumphs and provincial dustups with descriptions of the factories, the workers and the process. He also admits, predictably, to being unable to reconstruct the tastes of bygone Camemberts.

In the early 19th century the descendants of the mythologized Marie Harel, the inventor - more likely “improver” - of Normandy Camembert, and their immediate neighbors controlled the production of this cheese, whose inherent fragility limited its widespread distribution. After 1880 as new manufacturing dynasties began to emerge, three innovations allowed for the expansion of sales of the now wildly popular and profitable comestible.

Innovation number one was the round wooden box, which so snugly protects the treasure within and provides a lid on which to affix a label identifying the factory of origin. The latter helping to avoid market deception by middlemen and shopkeepers. Secondly, improving and increasing milk collection from neighboring farms allowed the factories to enlarge and concentrate on production while still maintaining control over milk quality.

Thirdly, the scientific community got on the bandwagon. Researchers at the Pasteur Institute took credit for “purifying” the surface mold, transforming forever the look and the taste of Camembert. By changing the type of mold used to ripen Camembert, the makers not only changed its color but its taste as well. It became less sharp and less distinctive, doubtless “enlarging its circle of admirers.” And the rind became denser and thicker as one detractor put it - “like a coat of plaster.” The whitening of the rind can be seen as a metaphor for the pasteurizing process, which did not take hold until much later. All along as Boisard puts it “the scientists were hoping to find a way to free the cheese industry from its willful empiricism, which they viewed as ignorance or worse, superstition.”

A scrupulous interviewer/researcher Boisard does occasionally repeat himself, but he redeems the tedium with flashes of humor. His offering is not to be missed if one wishes to understand the ongoing evolution of cheese in general and the beloved French Queen - Camembert - in particular.

NOTE: This review was written by Barbara Backus, a veteran California cheesemaker, who wrote it originally for CreamLine. It has been lightly edited.

The New American Cheese

Format: Book (280 pages)

Availability: Bookstores and online book vendors

Cost: \$7.68 + s/h. New York: Stewart, Tabori & Chang.

Laura Werlin is a food writer who also is a tireless supporter of the American Cheese Society and American cheesemakers. This is a hefty and beautiful book, printed on glossy paper with high-quality photographs, absolutely brimming with accessible gourmet recipes featuring American artisan cheeses. Even that much would have been enough, but Werlin also includes interesting cheesemaker profiles throughout the book and a terrific lineup of background information in the

first 65 pages. Chapter titles include: The Evolution of Cheesemaking in America, How Cheese is Made, To Your Health, How to Taste Cheese, How to Buy and Store Cheese, Pairing Cheese and Wine, The Cheese Course, Cooking With Cheese and Quick Reference Guide. The book also contains an excellent glossary, a list (with contact information) of American cheesemakers, a list of cheese retailers and other useful details.

This would be a valuable book for anyone interested in cheese, if only to decorate the coffee table, but I think current and potential cheesemakers will also find it very useful for making serving suggestions to their customers, as well as to read about what their counterparts are doing all over the country. The New American Cheese serves to document the story of the early part of the new artisan cheese revolution in the U.S. – now, five years later, it could be time for an update! The \$35 retail price is well worth it, but you can now purchase this fine book online new or used for considerably less, and that's a steal!

Technology of Cheesemaking

Format: Book (322 pages)

Availability: Betty Merkes, Cheese Reporter, Suite 300, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com

Cost: \$195.95. Boca Raton FL: CRC Press.

This is a very costly textbook and, with its emphasis on technology, probably not a high priority for the bookshelf of the artisan or farmstead cheesemaker. There is some very interesting information to be found in Technology of Cheesemaking, however, and it might be worth checking it out of the library (through interlibrary loan unless you have access to an agricultural research library) for some winter reading. This is a fairly technical tome that promises to be useful when researching a particular problem or just for deepening your understanding of cheesemaking processes. Most of us will skip the parts about molecular genetics and microfiltration, but there are informative chapters pertinent to two major cheese groups (pasta filata and Swiss), along with interesting chapters on cultures and ripening. All chapters conclude with dozens of references for further study.

American Farmstead Cheese: a Practical Guide to Making and Selling Artisan Cheeses

Format: Book (320 pages)

Availability: Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$40 + s/h. White River Junction VT: Chelsea Green.

Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com Cost: \$40 + \$9.10 s/h. White River Junction VT: Chelsea Green.

Bookstores and online book vendors

Cost: \$26.40-\$40 + s/h. White River Junction, VT: Chelsea Green.

Dr. Kindstedt and his editors are among the few people alive in the U.S. who treat the word “data” as the plural form it is, and this alone would be enough to endear this book to me forever. With impeccable, smooth-flowing language and scientific accuracy, Kindstedt guides the cheesemaker through basic lessons in biochemistry and microbiology, engaging the reader with insight into the complex and awe-inspiring processes that occur during the production and aging of cheese. Though

there are many cheesemaking textbooks available, this is the only one I know of that so effectively marries the right-brain and left-brain facets of artisan cheesemaking. While it does help if the reader has a few college biology and chemistry courses under his or her belt, with sufficient focus and several readings it should be possible for most any experienced cheesemaker with a high school science background to understand even the most technical chapters. The best part is that one doesn't have to purchase, as part of this book, numerous chapters about monstrous equipment and industrial processes. This one's all for US!!!

Several guest writers – including well-known veterans in the cheese community – contributed to the text, writing chapters on safety and quality, and the art and business of cheesemaking, among others.

This is not a recipe book. Yes, we are still waiting for that perfect recipe book that gives TA and pH readings for every stage of processing, along with other detailed instructions for making every cheese known to humankind. Still I suspect that, after reading this book, many experienced cheesemakers will confidently glide into their respective cheese plants with new understanding needed to take their products to the next level.

Making Great Cheese: 30 Simple Recipes From Cheddar to Chevre

Format: Book (143 pages)

Availability: Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax); www.thegoatstore.com Cost: \$14.95 + s/h. Asheville NC: Lark Books.

Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com Cost: \$14.95 + s/h. Asheville NC: Lark Books.

Caprine Supply, DeSoto, KS, 66018; (800) 646-7736 (ph); (800) 646-7796 (fax); www.caprinesupply.com Cost: \$14.95 + s/h. Asheville NC: Lark Books.

If the number of new cheese books on the market is any indication, the last ten years have seen a boom in appreciation for unusual cheeses. Now, Barbara Ciletti takes aficionados a step further to teach us how to make cheese at home, perhaps presaging a movement toward microcreameries, just as microbreweries arose when beer-lovers started brewing their own. (We knew it!!!) Making Great Cheese contains only thirty recipes for actually making cheese, but they include examples of the basic types of cheese: fresh, soft and semisoft cheeses; mold- and age-ripened soft cheeses; and age-ripened hard cheeses. They aren't just the easy ones, either; mozzarella (the old-fashioned way), Stilton, Camembert, Gjetöst and Parmesan are a few of the selections. The directions are clear and the photographs instructive, and one gets the feeling from this book that anyone can learn how to make cheese with a little practice. The techniques are transferable to other types of cheese, so this book is a good place to start learning. Ciletti also includes 18 recipes for using cheeses, a page of sources for equipment and supplies, a great table of metric equivalents, and a good glossary.

Alas, however, we still do not have the perfect cheesemaking book. On testing we have found that several recipes are missing critical information, particularly for novices, including when to add starter or cut curds, or whether one should stir while heating curds. If Ciletti will correct these deficiencies in her next edition, it will be a winner!

Cheesemaker's Manual

Format: Book (250 pages)

Availability: Margaret Morris, Glengarry Cheesemaking and Dairy Supply, 21048 Concession #10, RR #2, Alexandria, ONT, K0C 1A0; (888) 816-0903 (ph); (613) 525-3394 (fax); morris@cnwl.igs.net; www.glengarrycheesemaking.on.ca Cost: \$38.45 + \$8.50 s/h; \$49.95 CDN.

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$40 + s/h

Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com Cost: \$35 + \$8.75 s/h

Margaret Morris is a cheesemaker and owner of Glengarry Cheesemaking and Dairy Supplies in Ontario. Previously Margaret has shared a bit of her extensive experience and knowledge in her video, Home Cheesemaking, as well as through cheesemaking classes offered at her workshop and elsewhere. But in this manual we finally have it all in one place.

The Cheesemaker's Manual includes a lot of information that is just plain hard to find elsewhere. Her section on starter cultures is particularly helpful, as it describes a good number of Rhodia brand starter cultures, what their characteristics are and how to use them. I hope future editions will also include similar descriptions of other brands, particularly the ones she uses in some of her book's recipes (such as Aroma B and Meso II, which are a mystery!). Margaret also fills us in on some of the lesser-known cultures used for different aging processes, including strains of various molds and yeasts, as well as special-purpose bacteria.

Other especially useful sections include salting guidelines, instructions on how to use a Dutch press, directions for doing a titratable acidity test and tips on getting a good smear coat. There is also a troubleshooting section that should come in handy for anyone learning the art. Home-scale cheesemakers will especially appreciate Margaret's attention to their needs – ingenious ways to simulate a proper “ripening room” for a B. linens cheese, for example. Most of the cheese recipes are geared toward the home level of cheesemaking, though there are also a dozen recipes for 25-gallon batches in the “industrial” section. [One cheesemaker I spoke to about this book was concerned that Margaret includes recommendations for the use of sodium nitrate in certain cheeses, which is prohibited in the U.S. This Canadian lady may not have been aware of that issue.]

In the center of the book are 15 pages of excellent color photographs of the cheesemaking process. It is too bad that these are not placed with the appropriate text, though I'm sure this must have been an issue of economy, as the photos are printed on glossy paper. The text paper is also of quite good quality and the book has a hefty feel to it. My major complaint about the format is that the book will not lay open flat (as I feel any recipe book should). Again, I'm sure this was an economic decision, and the cheesemaker can always copy the recipes for use in the kitchen or cheese plant, which will help keep the book in good condition.

At \$38.45 U.S. (\$49.95 Canadian) the Manual is relatively pricey compared to other home cheesemaking books available. On the other hand it is considerably less expensive than typical “industrial” texts, which also tend to be less friendly and accessible to the layperson. Much of the information included in Margaret's Manual is intermediate between the two classes of books, and it definitely fills an important niche. Both the price and the level of information are well within reach of the home cheesemaker who wants more technical knowledge but isn't ready to invest in Kosikowski or R. Scott - both well over \$100. I believe The Cheesemaker's Manual is an excellent addition to the cheesemaker's library!

Home Cheese Making: Recipes for 75 Homemade Cheeses

Format: Book (278 pages)

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com;

www.cheesemaking.com Cost: \$9.95 + s/h. North Adams, MA: Storey Publishing, LLC.

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$17 + s/h

Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax); www.thegoatstore.com Cost: \$16.95 + \$7.75 s/h

Caprine Supply, DeSoto, KS, 66018; (800) 646-7736 (ph); (800) 646-7796 (fax); www.caprinesupply.com Cost: \$16.95 + s/h

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com Cost: \$22.95 + s/h.

Ricki Carroll's classic Cheesemaking Made Easy has been updated and expanded, to the delight of home cheesemakers everywhere. This third edition is artfully laid out in three parts. The first section includes an outline of the history and art of cheesemaking, as well as detailed, illustrated discussion of all the equipment and “consumables” needed for making cheese at home. Approximately half the book is devoted to recipes for making 75 cheeses – from soft spreads to Romano – plus a few for butter, kefir and other dairy products. The final chapter is loaded with recipes for using cheese and tips on cutting and serving your favorite fromage. Particularly useful are the appendices, including a glossary, a troubleshooting chart and a list of resources.

One nice new touch is a series of interviews with cheesemakers, both home-scale and at the small commercial level. Each “Cheesemaker's Story” has its own page, offering up captivating tidbits on how the cheesemaker got started, what his or her favorite cheeses are, the steps up to commercial production (when applicable) and tips for other cheesemakers.

Included with the standard cheese recipes are recipes from home cheesemakers that Ricki has collected over the years. Just for fun there are quotes, lore and poems about cheese scattered here and there throughout the book and, for particularly temperamental cheeses like Camembert and Mozzarella, troubleshooting notes are included. Home Cheese Making recipes do include the option to use direct vat set (DVS) starters, in an attempt to resolve one of the major confusing points about Cheesemaking Made Easy. However – it is only fair to warn you – the recipes still call for packets of starter, which must be of the (unknown) quantity found in the New England Cheesemaking Supply packets to work properly. Readers who prefer to use bulk packets still have to forge their own path and learn, by trial and error, how much and what kind of starter to use for each kind of cheese. Also, there are still no acidity markers for most cheeses.

Ricki Carroll has done so much over the years to advance the art of home cheesemaking. Her new book carries forward her obvious passion for the subject, and it is an important addition to the home cheesemakers' library.

Atlas of American Artisan Cheese

Format: Book (436 pages)

Availability: Bookstores and online book vendors
Cost: \$23.91-\$35 + s/h. White River Junction, VT:
Chelsea Green.

The Atlas of American Artisan Cheese shows just how far the American farmstead/artisan cheese movement has come since I began reviewing materials for the original Small Dairy Resource Book back in 1999. Probably the most up-to-date comprehensive listing at the time was the American section of Steven Jenkins' 1996 Cheese Primer. Jenkins listed 58 U.S. cheesemakers; Roberts' book profiles 350! What a difference a decade makes! Many producers' names and faces are familiar as current and former subscribers to CreamLine and participants in workshops I've organized. There are also a great many I've never heard of.

The Atlas is entirely different from the Cheese Primer, however. Roberts does not evaluate the cheeses as Jenkins (a well-known cheesemonger) does. Roberts simply offers, in encyclopedic format, descriptions of each farm, the owner-operators and their products. The producers themselves provided material for these descriptions and (according to cheesemaker friends) Roberts added his own embellishments, which means that there is no objective assessment of the cheeses. Pages from the final draft were not sent back to the creameries for accuracy checking and, unfortunately, several of the cheesemakers I talked to found multiple errors in their pages that remain uncorrected in the final copy. It's perplexing why an author would want to put his name on a publication without such proofing, but one cheesemaker friend tells me I'm the only journalist who ever sent copy to her for review before publication. Maybe I'm weird. Anyway, this could make it difficult for readers seeking honest and accurate descriptions, when a few more months' effort might have resulted in a truly outstanding reference book. Still, The Atlas of American Artisan Cheese is the best such resource available, and does give someone looking for artisan cheese a comprehensive overview of the growing number of small-scale producers, with enough information that will enable the reader to embark on a treasure hunt for the perfect cheese. Oddly, the Atlas also includes some large plants (such as Meyenberg Goat Products) that are no doubt quite mechanized, despite Roberts' stated requirement that "the cheesemaker must work largely by hand to produce the cheese."

Producers are arranged by region, then by state, in alphabetical order by creamery name within the state. Each listing contains a general description and a profile box providing contact information, whether visitors are allowed, basic cheese descriptions, awards (if applicable) and "where to find products." The arrangement by regions should help people find great cheese close to home and perhaps help reduce "food miles" and attendant energy consumption. Most pages of the Atlas contain color photos of cheese, animals and/or the owners. Across the top of each page is a colored band (a different color for each region) containing icons that indicate what species provide the milk and whether the product is considered farmstead or certified organic. Unlike many cheese atlases, Roberts does not include a chapter on the cheesemaking process, but there are a couple of pages describing seven basic types of cheese. Indexes include: Cheesemakers, Cow's Milk Cheeses, Goat's Milk Cheeses, Sheep's Milk Cheeses, Water Buffalo's Milk Cheeses and Organic Cheeses. I love books with multiple indexes!

The Atlas of American Artisan Cheese fills a need and will no doubt find a place on the shelves of thousands of chefs, delis, wineries, cheesemongers and foodies. It will be interesting to see how many producers will be included in the second edition!

Practical Cheesemaking

Format: Book (144 pages)

Availability: Bookstores and online book vendors (\$16.50 + s/h. Wiltshire, England: Crowood Press) or by contacting:
Vicki Dunaway, CreamLine Bookshelf, P.O. Box 1616,
Honoka'a, HI 96727; (877) 881-4073 (ph); info@smalldairy.com;

www.smalldairy.com Cost: \$20 + s/h

Ricki Carroll, New England Cheesemaking Supply Co, 292
Main St, Ashfield, MA, 01330;
(413) 628-3808 (ph); (413) 628-4061 (fax);
www.cheesemaking.com Cost: \$19.95 + s/h

When I first got involved in cheesemaking I kept hearing about a mysterious book by Kathy Biss that no one I knew had been able to find. The hardcover first edition had gone out of print, but there were rumors that another edition was coming out. Not until I took a class under Kathy Biss in late winter of 2002 did I learn the truth – it really was in the works! Within a few months, the paperback edition came in the mail.

The book was not a disappointment. Although some (especially goat cheese makers) fault it for being limited in scope, it is no more so than several books devoted solely to lactic goat cheeses. Practical Cheesemaking concentrates on hard English-style cheeses, which might be expected of a Scottish cheesemaker living in England. The best part is that her recipes give the cheesemaker acidity markers for most steps in the process, which is a rarity in books written for small-scale and home cheesemakers. Kathy also offers troubleshooting tips and other information not found in a lot of books – for example, she describes and illustrates (in photographs) how to bandage a cheese. The book also contains a sample make sheet and instructions on how to adjust recipes for sheep's milk.

With the advent of online booksellers, it is much easier to find the hardcover edition of this book; most of them, however, are in England. Unless you are particularly attached to having the original, the paperback will do just fine although, as with so many other paperbacks, it will not lie flat as you follow the recipe.

Cheese Making: A Book for Practical Cheesemakers, Factory Patrons, Agricultural Colleges and Dairy Schools

Format: Book (333 pages)

Availability: Used booksellers, online booksellers and used book dealers (Madison WI: Cheese Maker Book Co.) or by contacting:
Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honoka'a, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com Cost: 20.99 +
s/h. Madison WI: Cheese Maker Book Co.

Cheesemaker and consultant Peter Dixon recommended Sammis' book in his newsletter, The Farmstead Cheesemaker, and the book has become popular with artisan cheesemakers since that time. There are at least twelve editions of Cheese Making with several different authors; the original was published by John W. Decker in 1900. It is of historical interest to compare the status of cheesemaking, facilities and equipment between 1900 and 1948, but all editions also contain valuable details on general cheesemaking practice and specific information on a variety of cheeses: the cover of the 1948 edition lists "Cheddar, Swiss, Brick, Edam, Limburger, Cottage, etc."

As noted elsewhere, the older cheese textbooks are perhaps less thorough than the new ones on some points, but since the cheesemakers of the time were working on a small scale their advice and experience can be useful to the modern farmstead/artisan cheese-crafter. This particular book includes some especially useful information, including a description of the process of rennet making and various low-tech milk and cheese testing methods, in addition to details on the cheeses listed above.

When making plans for building a new cheese plant, many people inquire about floor plans. Normally I tell them that no two cheese plants are alike, and that their best bet is to visit a couple of cheese plants in the same size range they are looking at. Sammis does include a chapter entitled "Planning Factories, Large or Small. Costs." containing floor plans and practical information about things to consider

when building. Interestingly, the “southern factory” allocates \$1500 for pasteurization equipment, in addition to the \$3830.50 required for equipment for “an average Wisconsin cheese factory using electric current.” In those days an “average factory” handled 6000 pounds (~700 gallons) of milk daily, while a “large factory” processed 18,000 pounds a day. Mr. Sammis would certainly be surprised at the scale of modern factories!

Cheese Making is becoming scarce and is nearly impossible to find now for less than \$50, and some copies are up in the \$100 range. However, there are probably thousands of copies out there somewhere, considering all the dairy students that have passed through the University of Wisconsin. Keep looking!

Cheesecraft

Format: Book

Availability: Bookstores and online book vendors
Cost: \$11.10 + s/h. Cornwall: Tabb House.

This is an obscure but useful little cheesemaking book from England. The first half covers general cheesemaking information – milk quality, starter cultures, general procedures in cheesemaking, equipment required, sanitation, regulations, etc. The second half of the book consists of a selection of cheese recipes; the hard cheeses are all traditional British cheeses. While the variety is limited, Ash’s instructions are excellent, and she gives explanations and tips not found in many other guides of a similar nature. The book’s binding will not allow the book to lie open while following a recipe, which is a nuisance.

Cheese Primer

Format: Book (576 pages)

Availability: Bookstores and online book vendors (cost: \$16.95 + s/h. New York: Workman Publishing) or by contacting:
Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com

“A passionate guide to the world’s cheeses ... by America’s most opinionated authority,” states the front cover. I first found this book on the “new books” shelf at a public library, to me an indication of the rising popularity of artisan cheeses. Steven Jenkins, master cheesemonger, explores the world of cheese, beginning with France and other European countries, where the art of cheesemaking is well developed. He describes the cheeses, how to serve them, the places and conditions where they are made, and many other wonderful details that make this an enduring reference book. Inserts in the main text give other useful information, such as the foolishness of paying extraordinary prices for cheese with added canned truffles. In the section on the United States, Jenkins first describes different American cheeses, and then reviews individual farms and cheesemakers by state. He is impressed with the renewal of artisan cheesemaking in this country and has very kind words for many of the cheeses now being made here.

Cheese Companion: The Connoisseur's Guide

Format: Book (224 pages)

Availability: Bookstores and online book vendors
Cost: \$18.21 + s/h. London: Quintet Publishing Ltd..

Without an “educated” palate, it’s difficult to recommend any one of the plethora of new cheese books over another, as far as knowing which offers a more accurate assessment of cheeses. The Cheese Companion describes and illustrates over 100 cheeses, with recipes for many. The text describing each is more generous than that found in some of the other cheese guides, with interesting details that indicate a good deal of research behind this work. The cheeses are arranged alphabetically, rather than by region, cheese type or type of milk, and so are easy to locate by name. This is an advantage to the awed consumer facing a counter full of specialty cheeses. The photographs in The Cheese Companion are adequate but not so

enticing as those in, say, French Cheeses, though the cover openly mimics the style of the latter book. Still, The Cheese Companion sufficiently distinguishes itself to earn a place on the cheese-lover’s bookshelf.

Cheese: Chemistry, Physics and Microbiology

Format: Book (1178 pages)

Availability: Bookstores and online book vendors (cost: \$380 + s/h. 3rd edition now available - \$380 is for set) or by contacting:
Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com;
www.cheesereporter.com Cost: \$810. Each volume sold at \$405! (2nd edition)

Dr. Patrick Fox, who contributed heavily to Fundamentals of Cheese Science, collected a series of technical articles on cheesemaking and compiled them into this two-volume set. While I have occasionally referred to these books when trying to understand some particular cheese phenomenon (such as the mechanics of rennet coagulation or the effect of rennet on cheese flavor), many of the articles are beyond my substantial undergraduate level science background. (Also I tend to be impatient when trying to read articles with lots of chemical formulas.) The set is divided into Volume 1, General Aspects, and Volume 2, Major Cheese Groups. The second might be of more interest to most cheesemakers, as it contains very detailed information on sixteen major cheese types.

With their extensive reference sections after most chapters, these books are a treasure trove of research information and leads. A good agricultural university library should have a set, or they can be borrowed using interlibrary loan. The least expensive set I’ve seen was around \$270, and the price may be over \$800. Apparently there is a new 2004 edition, which I’ve not yet seen.

Italian Cheese: A Guide to Their Discovery and Appreciation

Format: Book (309 pages)

Availability: Bookstores and online book vendors or by contacting:
Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com
Cost: \$25 + s/h. Bra, Italy: Slow Food Arcigola Editore.

In the style of French Cheeses (Masui/Yamada) in format, Italian Cheese seeks to tell the stories of some two hundred traditional Italian cheeses. Like the French cheese book, this one comes in a handbook format, small enough to tuck in your luggage in case you have the opportunity to visit that other land of great cheese. Each cheese gets at least a full page with one or more color photos. The text includes a description of the cheese’s origins, appearance, flavor and, in some cases, perhaps enough details of the make and aging procedure to give an experienced cheesemaker something to work with. The book is organized by region and also includes a few pages of general cheesemaking explanation. I’ve found it very useful for looking up cheeses that my customers ask about. Seems like they are all there!

Great British Cheese Book

Format: Book (168 pages)

Availability: Bookstores and online book vendors (London: MacMillan Publishers) or by contacting:
Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);

books@smalldairy.com; www.smalldairy.com Cost: 69.95 + s/h. London: Pan Macmillan.

Cheesemonger Patrick Rance died a few years back, and now there's a premium on his books -- if you can find them. Rance did extraordinarily thorough surveys of the range of cheeses in Britain and France, and this book and his other one on French cheese are highly-sought classics. In Part One of The Great British Cheese Book, Rance groups his cheeses according to locale, offering up a detailed history within each grouping, followed by lists of regional farms and their cheeses. This is clearly intended to be a guidebook for tourists and locals looking for cheeses -- each listing has some description of the cheeses, the name of the farmer or cheesemaker, and where products may be purchased. Rance also lists "extinct" cheeses, I suppose to document their existence, and perhaps to encourage new cheesemakers to consider making them. Cheeses of Scotland are included. Part Two, The Story of Cheese, discusses cheesemaking, cheese flavor, pasteurization, the production of milk for cheese and more. Part Three contains "Practical Advice" on choosing and eating cheese. In various places throughout the book, Rance describes methods for making certain cheeses. There is a wealth of information (in small type) packed into the 168 pages of this little book, so if you are interested in English cheeses and can find a copy at a reasonable price, grab it!

The Book of Cheese

Format: Book (392 pages)

Availability: Used booksellers, online booksellers and used book dealers (New York: MacMillan) or by contacting:

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com Cost: \$27 + s/h.

This is a small book, part of the Rural Textbook Series, published in the 1920s and edited by L. H. Bailey. (See also The Book of Butter and The Book of Ice Cream.) These old textbooks contain considerable information of use to the small-scale processor, sometimes even more so than newer texts that are full of building-sized machinery and silos and conveyor belts. Of course, the old books don't have the benefit of things like scanning electron microscopy, and some of their terms and equipment are outdated, but they do have the advantage that dairy processing in those days was still conducted on a human scale. Additionally, because they were not pooling the milk of hundreds of farms, a lot more attention was paid to flavors in the milk and what was fed to the dairy animals. Explanations of processes that occur during make and aging are a bit simpler than those in today's cheesemaking books.

The Book of Cheese begins with several generalized chapters on cheesemaking, milk, starters, rennet, etc., then progresses to ten chapters covering a surprisingly wide variety of cheeses. The final chapters cover cheese factory construction, history, testing and marketing, as well as a chapter on use of cheese in the household, with recipes! This book is becoming quite scarce but can occasionally be found through the CreamLine Bookshelf or online book dealers, or it can be borrowed through interlibrary loan.

Cheese Bible

Format: Book (255 pages)

Availability: Cost: \$8.98 + s/h. New York: Penguin Studio.

Christian Teubner is a master pastry chef with an obvious deep appreciation for cheese and food in general. Ehlert is a "distinguished cook" in Europe, and Mair-Waldburg heads an Institute of Dairying in Germany. Together they have wrought a beautiful work. The book's description of cheesemaking is one of the most complete in this genre of cheese books, with many fine details included for the reader's education and enjoyment. The "cheese encyclopedia" groups cheeses by type and describes hundreds of different cheeses, often with side-by-side comparisons that help to bring some sense to the astounding variety of cheeses available. The text's organization is not the best. Descriptions of cheeses are all run together, rather than separated and paired with photographs as in other such books. However, the recipe section is a delight, with lots of dishes that anyone

with reasonable access to cheeses can prepare, often including detailed pictorial instruction. The Cheese Bible is one of a series of food "bibles," which includes poultry, pasta and chocolate.

Cheese and Fermented Milk Foods

Format: Book (1050 pages)

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com
Cost: \$130 + \$15 s/h. F V Kosikowski LLC.

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com;
www.cheesereporter.com Cost: \$155

Margaret Morris, Glengarry Cheesemaking and Dairy Supply, 21048 Concession #10, RR #2, Alexandria, ONT, K0C 1A0; (888) 816-0903 (ph); (613) 525-3394 (fax); morris@cnwl.igs.net; www.glengarrycheesemaking.on.ca Cost: \$199.95 + s/h.; \$249.95 CDN. Appears to be older version with 710 pages

Cheese and Fermented Milk Foods is the "bible" of cheesemaking, according to several sources. Kosikowski was the sole author of the 1977 second edition, but invited Vikram Mistry to assist with the third before passing away in 1995. The third edition, which is split into two volumes, takes on a new look, with updated type and additional chapters relating to new developments in the industry. The contents are similar but expanded from the second edition; most of the photographs are the same, with some new additions. The information in the second volume, "Procedures and Analysis," is organized somewhat differently than in the previous edition and contains considerably more information on public health, analysis and sensory evaluation. The types of cheese are grouped together as before and their processes explained in detail. If you ever have an urge to make camel milk cheese, you can find the instructions here! One common complaint is that the recipes are impossible to follow. Some call for factory equipment, and most require calculations and titrations. There is a section on farm and homemade cheese, but at least one of these recipes is just plain wrong, calling for four pounds of salt in ten gallons of milk! Serious cheesemakers may want a copy for reference purposes, but homestead and kitchen cheesemakers would probably do better to invest in a variety of less imposing cheesemaking books.

Videos

Home Cheesemaking with Margaret Morris

Format: Video

Availability: Margaret Morris, Glengarry Cheesemaking and Dairy Supply, 21048 Concession #10, RR #2, Alexandria, ONT, K0C 1A0; (888) 816-0903 (ph); (613) 525-3394 (fax); morris@cnwl.igs.net; www.glengarrycheesemaking.on.ca Cost: \$34.95 + s/h; \$39.95 CDN. Also available in DVD.

Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax);
www.thegoatstore.com Cost: \$25.50 + s/h; DVD. Order ID: 31S-1.

For those who are visually oriented, a picture is worth a thousand words, and a video perhaps a million. Home Cheesemaking is of excellent quality, with good

camera work and even pleasant music to break it up into segments. Margaret Morris shows the viewer how to make feta, Camembert, cheddar and Gouda cheeses, carefully explaining the processes and offering personal tips and tricks of the trade along with thorough instructions. When she breaks for the cheese's "quiet time," as she calls the waiting periods, written instructions are given on-screen to reinforce what she has done or explained. A 20-page booklet included with the video contains the complete recipes, as well as instructions for preparation of a starter culture. All of the cheesemaking is done with easily purchased equipment, but the awkwardness of making cheese in a large pot is clearly demonstrated – no wonder small-scale cheesemakers are pining for appropriate technology! Home Cheesemaking is artistically and professionally rendered.

Cheesemaking 101

Format: Video

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com
Cost: \$24.95 + \$6.75 s/h; DVD 101 - DVD version (same price).

Ricki Carroll's video offers a "workshop at home" for those who can't make it to New England for one of her regular home cheesemaking workshops (listed on the New England Cheesemaking Web site at www.cheesemaking.com). Cheesemaking 101 is a 30-minute instructional tape that covers the cheeses made in the workshop: farmhouse Cheddar, Mozzarella, queso blanco, fromage blanc, whole milk ricotta, crème fraîche and mascarpone. Also included in the package is Carroll's complete series of recipe booklets, which retail for \$12.95.

The Cheese Nun

Format: Video

Availability: Cost: \$13.83 Used DVD. Paris American Television Co.
Available from www.shoppbs.org, or by calling 800-531-4727.

Those of us who have had the privilege of meeting Mother Noella Marcellino are especially excited that this video recording is available. (At the time the video was made, she was Sister Noella, but has been promoted since.) The documentary follows this remarkable nun on some of her cheesemaking adventures, particularly as she was working toward her doctorate by investigating a particular cheese-ripening organism (*Geotrichum*) in the French countryside. Her remarkable conclusion: that for just about every cheese plant producing a cheese called St Nectaire, there was a different strain of this yeast contributing to the terroir of the product. Mother Noella is a strong supporter of cheesemakers and a tireless advocate of traditional processes and biodiversity. When you buy this video you support PBS.

Simple Cheesemaking at Home

Format: Video

This 1½ hour video is a good introduction to home cheesemaking. It is an amateur production, and the cameraperson never did really figure out how to get close-up shots of what was going on, but the step-by-step processes are easy to follow. Lynette Croskey gives helpful tips throughout the processes of making six cheeses: queso blanco, whole milk ricotta, herb cheese, muenster, cheddar and instant mozzarella. She almost cracks a smile at the end. A brochure with recipes is included.

Newsletters

Farmstead Cheesemaker

Format: Newsletter (16-24 pages)

Availability: Cost: \$5/yr + s/h. PO Box 993, Putney, VT 05346 USA;

www.dairyfoodsconsulting.com.

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$30/yr + s/h. The Farmstead Cheesemaker is incorporated into CreamLine newsletters

The Farmstead Cheesemaker newsletter displays consultant Peter Dixon's quirky, often rambling style to its best effect. You hardly realize you are being love-bombed with his vast storehouse of cheesemaking knowledge and experience as you enjoy the stories of Peter's travels, cheesemaking successes and failures, insights and "Aha!" moments that are so much a part of the adventure. He supplements his narrations with useful charts, graphs and photos rarely found elsewhere.

Peter began publishing The Farmstead Cheesemaker as a way of keeping in touch with the people who attended his training courses, and those to whom he offered consulting services. I began publishing the newsletters in serialized form in CreamLine because I felt it was so useful, and because so few people had access to it. Recently Peter established a Web site, www.dairyfoodsconsulting.com, where he sells past issues, but CreamLine continues to incorporate the irregular Farmstead Cheesemaker. If you order the newsletter directly from Dixon, please be aware that you might see one issue every two years, or two in consecutive quarters.

Following a brief stint as a production cheesemaker with a partner, Dixon closed that business and opened the Training Center for Farmstead Cheesemaking in Vermont, where he offers regular workshops for both beginning and advanced cheesemakers. Now that he isn't so occupied with the everyday demands of production and marketing, it's hoped that we'll see more frequent issues of his newsletter.

Cheesemakers' Journal

Format: Newsletter (339 pages)

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; info@cheesemaking.com; www.cheesemaking.com Cost: \$45 + s/h

Alas, no longer in print, Cheesemakers' Journal was a hearty favorite among homestead cheesemakers for many years. Fortunately, the entire set is still available, and at quite a bargain price. The Journal included stories of cheesemakers from the U.S. and abroad, as well as tips and recipes and correspondence from readers. The editors were very responsive to readers' questions – an in-depth article on the subject often would appear in the next issue after a reader posed a question in the "Letters to the Editor" column. This made for a loyal following; the supply company that grew out of this venture is still one of the best sources for cheesemaking supplies and information.

Magazines

Caseus International

Format: Magazine

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; info@cheesemaking.com; www.cheesemaking.com Cost: \$20 each + s/h.

This publication is a translated version from a similar Italian publication, with definite American influences on its English form. Caseus International made its debut at the American Cheese Society conference in Louisville in 2001 after a year of planning and scheming by its Italian producers and prominent American

cheesemakers, including Ricki Carroll of New England Cheesemaking Supply and Judy Schad of Capriole. The magazine is published by an organization called Associazione Nazionale Formaggi Sotto il Cielo ("The National Association of Cheeses Under Open-Air Conditions") and is issued in a full-color, heavyweight, non-glossy format.

The magazine relates stories and descriptions of many cheeses worldwide (but especially European), and includes "cheese cards," ready for a three-hole binder, that describe the production of select cheeses each issue. The charming English translations make for reading that can be a little bit choppy, though usually understandable. Lines of text are spaced at least 1½ lines apart, giving the format an open feeling and rescuing the sans serif font, which might be difficult to read if printed using normal spacing.

The content is the magazine's forté, though. If you are interested in European cheeses, Caseus is a must-have. Each issue is packed with information on the background and production of familiar and not-so-familiar cheeses. The thing that thrills me the most about this publication is the attention paid to the pastures and other feeds that produce the world's great cheeses. There are even occasional articles summarizing European scientific studies, such as "Grazing for Different Quality of Cheese" by Vincenzo Fedele, in Caseus International #2. The magazine also includes recipes, as well as notifications of conferences, meetings and competitions that we rarely hear about in the U.S.

Apparently only three issues of Caseus International were actually printed. All are still available from New England Cheesemaking Supply.

Organizations

American Cheese Society

Availability: American Cheese Society, 455 S. Fourth St., Suite 650, Louisville, KY, 40202; (502) 574-9950 (ph); (502) 589-3602 (fax); acs@hqtrs.com; www.cheesesociety.org Membership Cost: \$95-\$190

URL: www.cheesesociety.org

The American Cheese Society consists of producers on all scales, cheese buyers and sellers, and cheese aficionados who taste, judge, and promote cheese. The American Cheese Society appreciates artisan cheeses. An occasional newsletter article on grazing or dairy farming shows that, despite their predominantly nonagricultural membership, these are people who know where milk and cheese come from. The ACS sponsors an annual conference, rotating between western, midwestern and eastern sites, where cheesemakers, cheese sellers and cheese eaters come together to taste, learn and network. Membership in the Society entitles one to discounts, to have cheese judged at the annual conference, and access to the "members only" portion of their elaborate and informative Web page. The Web site includes archives of older newsletters (download using Adobe Acrobat), a membership directory, a forum page (not too widely used, apparently) and other information about cheese. Nonmembers can read "cheese tips" and download a sample newsletter from the home page. Membership is probably worthwhile for most commercial cheese producers who want to connect with others; it is essential for those who need to distribute their products widely.

Vermont Cheese Council

Availability: Bookstores and online book vendors

URL: www.vtcheese.com

The Vermont Cheese Council is just what it sounds like – an organization of Vermont cheesemakers and supporters. The group has been in the forefront of the artisan cheesemaking movement in the U.S. for many years, developing a "code of best practices" and laying the groundwork for farmstead HACCP plans before other states and regions even had their own cheese groups. The VCC has strong support from the University of Vermont and an array of pioneering cheese and butter makers. In turn, the trade group exists "to advance the production and image

of premier cheeses from Vermont. The Council operates to educate the general public on the high quality and diversity of Vermont cheeses," according to the Web site, which features the individual members of the Council.

Butter

Butter-making was once as much art as craft. There is little to be found in modern literature on the subject, other than simple directions found in books on cheese and other dairy products. The old books, however, reveal that there are many intricacies to the process.

Books

Buttermaker's Manual

Format: Book (1590 pages)

I was very fortunate to find this two-volume set at a reasonable price, but the shipping from New Zealand cost almost as much as the books themselves. Like similar volumes published in the U.S., *The Buttermaker's Manual* begins with interesting historical notes and plenty of statistics on butter production and consumption with, of course, a New Zealand perspective. Vol. I includes an extensive chapter on the planning, siting and construction of a butter factory, with discussions of costs, heat and power, water supply, waste disposal, refrigeration, cleaning and sanitation. 28 pages of black-and-white photographs are bound into the center of this volume, 24 in volume II. The equipment in New Zealand in the mid-1950s was relatively small and these photos may be of interest to artisan producers. There is detailed information on cream separators and their adjustment.

The books contain detailed explanations of the nature and properties of butterfat, including feeds that can change those properties. For example, low iodine yields hard butter; glycerides and fatty acids change with pasture qualities. Considerable attention is given to taints caused by various factors, including seasonal variations – some of the best information on this I've seen. There are discussions of starters, washing butter versus not doing so and a chapter on sensory evaluation of butter. Volume II includes other butter products such as ghee, butter lard and oil, whey butter, etc., as well as information on margarine and a small chapter on ice cream. *The Buttermaker's Manual* does not seem to contain as much on troubleshooting butter problems as some other books, but it does have a good chapter on faults (defects) and causes.

Considering the price and availability, this set is probably overkill for cheesemakers who produce a little butter on the side, but possibly a necessity for professional butter makers.

The Book of Butter

Format: Book (307 pages)

Availability: Used booksellers, online booksellers and used book dealers
New York: MacMillan Co.

The Book of Butter is part of the Rural TextBook Series (see also *The Book of Cheese* and *The Book of Ice Cream*), compact texts from the early 1900s that reveal much about that period of rapid change and industrialization of the dairy industry. In 1923, the year of publication of *The Book of Butter*, pasteurization was still controversial for the product. A chart compares flavor ratings of butter produced by various methods, showing that cleanliness and practices of individual creameries were important factors in butter flavor ratings. Today, most people would be hard pressed to distinguish between the sweet cream butters offered in the supermarket. Fortunately the American Cheese Society now includes butter in its competitions, with prizes awarded for the best, which will no doubt result in increasing awareness that butter is not just tasteless fat to smear on your toast. *The Book of Butter* also discusses the difference in food value between butter and margarine (another controversy at the time). Apparently some of the original margarines contained beef fat, which added to the product's food value!

In general *The Book of Butter* is much like most of the other butter texts, with useful information on all aspects of the butter-making process. Its troubleshooting section is not as extensive as in some of the larger books, but it does cover the basics and gives many possibly useful references for research on butter-making. *The Book of Butter* is not easy to come by, but worth searching for.

Key to Success in Dairying for Butter Production: A Practical Guide to Intense Production Under Australasian Conditions

Format: Book (180 pages)

Availability: Used booksellers, online booksellers and used book dealers

A curious book, this. It covers everything the 1920s farmer might want to know about dairy farming, then throws in pig production to boot. A product of Australia, *The Key to Success in Dairying* begins at the beginning, with how to capitalize a dairy farm; £500-2000 was considered quite adequate "for a man of grit to establish himself on a payable footing within five years." One gets insights here into choosing farm land ("volcanic soils are the most fertile"), locating and securing a water supply, how to build farm buildings and even how to arrange the buildings (illustration included). Fleming even tells you how to build your country home! And, in case you have no social life way out there in the outback, the author thoughtfully includes instructions on how to start a farmers' club, including an outline of the constitution and by-laws.

Lest you are beginning to think it's not worth the price of shipping this book from Down Under, *The Key to Success in Dairying* also contains much practical information on actual dairying, including feeds, managing cows and calves, milking, and some details of butter-making, along with discussions on whether it's best to sell whole milk or cream, what breeds are best for butter and a few pages on "ailments." There is considerably more emphasis here on growing, harvesting and storing of feeds which – contrasted with modern dairy manuals whose pages are filled with troubles and treatments – might lead one to believe that nutrition was of utmost importance on the dairy farm in those days. If you can find a copy, *The Key to Success in Dairying* is an interesting winter read. I especially love the old-fashioned type that seems embossed onto the yellowing paper.

Practical Butter Manufacture: A Manual for Buttermakers

Format: Book (197 pages)

Availability: Used booksellers, online booksellers and used book dealers.
\$19.99 used. Corvallis, OR: OSC Cooperative Assn

G. H. Wilster was a big name in mid 20th century dairy processing circles. Booksellers apparently recognize this – nowadays it's nearly impossible to find one of his thorough and detailed butter or cheese manuals for less than fifty bucks. *Practical Butter Manufacture* also contains some interesting history: in a section entitled, "Importance of Butter in the Human Diet and Criteria for the Manufacture of High Quality Butter," Wilster relates that during World War I European children were commonly affected by the eye disease xerophthalmia, often resulting in blindness. "The disease was widespread among children in Denmark during the years 1914-1918. When in 1918 on account of the German blockade butter could not be exported in the usual amounts the per capita consumption of butter in Denmark was increased to 28½ pounds per person per year. Xerophthalmia practically disappeared during that year," and it was deduced that children had been suffering a deficiency of vitamin A.

Other useful information in this book includes helpful details about butter wash water temperatures and salt quality, discussion of churning on summer versus winter butter, 25 pages on butter defects and their causes, instructions on the cleaning of wooden churns and utensils, descriptions of numerous laboratory tests, and a section on cleaning and cleaners, including descriptions of what the cleaners are and what they do. And much more, including details on culturing butter, a practice nearly eliminated for decades, but making a comeback with the rise of artisan butter producers. Clearly this book was a textbook; it includes exercises and self-tests to measure comprehension. (I didn't find the answers. Guess you would have to go through the text for them unless you stumbled upon the Teacher's Edition.) There are many useful charts, including fold-out charts inside the back cover. A worthwhile addition to the buttermaker's library!

Butter Industry: Prepared for Factory, School and Laboratory

Format: Book (821 pages)

Availability: Used booksellers, online booksellers and used book dealers

Of all the butter manuals, this is probably my favorite. It is the one book that seems to always have the answers to my questions, with a comprehensive index that allows easy referencing. The Butter Industry is often cited in other books, so I assume it was somewhat of a gold standard in its time. The title is a little misleading. At first I didn't purchase this book for review because I thought it was just going to be another dreary book of statistics about the industry (dairy people seem to have a thing for statistics), but when I came across several copies of The Butter Industry in a used book store in Madison WI, I was ecstatic! Here was a relatively inexpensive and available butter manual just chock-full of butter-making information!

The Butter Industry contains everything you need to know about butter manufacture, including excellent, detailed instructions on churning, salting, working and packaging, plus trouble-shooting for churning problems. While some of the details are outdated (on markets and marketing, for example), they may be of some historical interest. Hunziker also includes research on interesting and unusual problems: e.g., pink butter was found to be caused by refrigeration gas leaks. The nearly 80 pages of butter defects and remedies will certainly be useful to modern-day buttermakers. Highly recommended.

Butter

Format: Book

Availability: Used booksellers, online booksellers and used book dealers

Modern books solely about buttermaking are very hard to come by. Butter is included as a "side dish" in most cheesemaking books, but for the details and finer points of making good butter, one must go to the older texts. This is one of the most common, and should be available via interlibrary loan or from used bookstores. Butter, apparently a much-used text in its time, contains copious information on making butter that can be applied to the small scale, including descriptions of tests of milk samples that most farm buttermakers can use. Lots of neat old black-and-white pictures and history accompany the text. The older versions have some different information that is intriguing – drawings of what goes on inside a churn, for example. The 1922 edition includes an illustration of a sheep walking on a treadmill to power a cream separator!

Willard's Practical Butter Book: A Complete Treatise on Butter-Making at Factories and Farm Dairies...

Format: Book (171 pages)

Availability: Used booksellers, online booksellers and used book dealers
Cost: \$100+ + s/h.

...Including the Selection, Feeding and Management of Stock for Butter Dairying – With Plans for Dairy Rooms and Creameries, Dairy Fixtures, Utensils, etc. (remainder of subtitle)

For review see ABC in *Butter Making* by J.H. Monrad.

Pennsylvania Butter, Tools and Processes (Tools of the Nation Maker series, vol. II)

Format: Book (28 pages)

Availability: Cost: \$3.50 + \$4.05 s/h

The Mercer Museum of the Bucks County Historical Society houses a collection of tools used by "the people who built the nation," including tools necessary for food, clothing, shelter and transportation. This booklet describes and illustrates butter-making tools and the processes involved in making butter. The author seeks to debunk any romanticism one might feel toward making butter, describing the dread of "butter day" experienced by farm wives who are glad to be out of

dairying. Many of the tools shown in the book could be crafted locally for home butter-making, though today the product would not be legal for sale, since most are made from wood. An interesting booklet with a very reasonable price.

A.B.C. in Butter Making: For Young Creamery Butter Makers, Creamery Managers and Private Dairymen

Format: Book

Availability: Online book vendors

Cost: \$16.99

This book and Willard's Practical Butter Book (see separate listing), are absolute treasures, now only obtainable (rarely) from used book dealers. (I did find Willard's on microfiche, but it sure is hard to cozy up to a microfiche reader by the fire.) Both clearly describe butter making as the art form it once was. In olden times, good butter was appreciated as fine wine is today, and people eagerly awaited certain seasonal changes in the butter. Both books include delightful drawings of equipment and techniques of the day, as well as interesting historical notes and extensive discussion of how to make excellent butter. This information is in danger of being lost in the wash of mediocre machine-made butter and margarine.

Butter Prints and Molds

Format: Book (248 pages)

Availability: Bookstores and online book vendors

Cost: \$34.20 + s/h. Atglen, PA: Schiffer Publishing.

A splendid oversized book, which we found when searching for information about butter-making on the Internet. One of the participating farm families in the HCR project was interested in making butter and using prints to decorate it. However, most butter prints were made of wood, and contact of milk products with wood is prohibited by sanitation regulations. The fact that butter molds and prints can no longer be used means we have lost the printed pat of butter, which identified the maker and turned a plain food into a work of art. Apparently butter molds and prints have now been relegated to museums and antique stores. [But of note, recent research that shows wooden cutting boards to be much safer than plastic ones, because the tannins and/or other substances in the wood are naturally antibacterial.] Butter Prints and Molds is a fine book, with excellent quality pictures and very interesting information on this lost art.

Ice Cream

A farm in a suburban or tourist area may suffer from the increased population density, but also has a unique opportunity to establish an on-farm store. There is nothing quite like homemade ice cream to bring customers to the door.

Books

Ben & Jerry's Homemade Ice Cream & Dessert Book

Format: Book(125 pages)

Availability: Bookstores and online book vendors

Cost: \$9.95 + s/h. New York: Workman Publishing Co.

Yes, Ben & Jerry are giving away their recipes (maybe). This colorful, delightful little book contains recipes for making lots of B&J favorites, plus baked goodies and toppings. They begin with the story of their company and then include a chapter on "Ice Cream Theory," which describes the roles of ingredients in ice cream. Although it's difficult to get Ben & Jerry's quality from a home ice cream maker (especially to find good fresh cream!), I made some outstanding butter pecan and good French vanilla (I like Gail Damerow's vanilla better – see below). If you have more than a passing interest in ice cream, buy this book.

Ice Cream

Format: Book

Availability: Used booksellers, online booksellers and used book dealers

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com Cost: \$96

This is the book that Ben and Jerry used to get started -- what more needs to be said? It seems to be quite complete, including detailed information on everything you want to know about ice cream, including mix recipes, ingredients, costs, processes, nutrient values, quality, lab testing and much more. There is even information on the proper way to scoop! Highly recommended for those serious about ice cream as a commercial product. The fourth edition of this book was written by W. S. Arbuckle only and published in 1986; it has larger print than the new edition, making it a bit easier to read. Presumably all the same information is in the new book, plus some.

A new edition, by Dr. Marshall and two new authors, was published in 2003, though I have not had the opportunity to review it. Additionally, older additions are generally available.

Theory and Practice of Ice Cream Making

Format: Book (639 pages)

Availability: Used booksellers, online booksellers and used book dealers

For the longest time I thought Arbuckle's Ice Cream and Fisk's Book of Ice Cream were the only texts available on the topic, but I happened upon a few odd books when browsing on Bookfinder.com. The Theory and Practice of Ice Cream Making was one of them. It's a fairly typical textbook for the mid 20th century – heavy, with an introductory chapter on per capita consumption to assure the reader that the subject is worth pursuing. Statistics aside, The Theory and Practice of Ice Cream Making is absolutely chock full of the details of ice cream making and the science behind it. One interesting chapter discusses the types of sugar used in ice cream, with a comparison of cane versus beet sugar. Apparently there existed an unsubstantiated "popular prejudice" against beet sugar (modern sugar packages still tout "pure cane sugar," but most consumers don't know that there are alternatives other than artificial sweeteners), though Professor Sommer insists that chemically there is no difference. One wonders whether sugar production on tropical islands, produced by slave labor, received more favorable advertising – perhaps the same sort of propaganda used more recently to generate a market for corn oil over other traditional fats and oils.

The chapter on vanilla contains the book's only two color plates – one comparing varieties of vanilla beans from different places, and the other an illustration of a

flowering vanilla orchid. This chapter provides much interesting history on vanilla cultivation and processing.

"Useful Information" in the appendix includes an odd mixture of tables on depreciation rates, freezing points of brine, bacterial and butterfat standards, relative sweetening power of sugars, wavelengths of various radiations and the thermal conductivities of various insulating and building materials. This is a useful volume, and there seem to be a number of copies available for reasonable prices.

Ice Cream Recipes and Formulas: Favorites and Gems of the Past

Format: Book (183 pages)

Availability: Used booksellers, online booksellers and used book dealers

Dr. Wendell Arbuckle is widely known as the god of ice cream making, and his book Ice Cream is today's gold standard for the topic. I happened across Ice Cream Recipes and Formulas by accident, and have never found it again. This book was primarily developed for consumers – unlike most textbooks, it employs lots of antique illustrations and script fonts. Prof. Arbuckle's stated intention is to provide the original "grandmother's" ice cream recipes used in developing industry products. Many of the recipes are copied from an eclectic mixture of cookbooks, textbooks and circulars, often photographically reproduced from the originals. An example: Mrs. Rorer's Dainty Dishes for All the Year Round, Principle [sic] of the Philadelphia Cooking School (1900). There is even a page from the Howard Johnson's Soda Fountain handbook, with a short bibliography of ice cream publications that might be worth tracking down. In fact the entire book consists of a compilation of materials that may be worth searching out. Throughout Ice Cream Recipes and Formulas one finds illustrations of antique ice and ice cream tools. Though this isn't a textbook, if you are looking for ice cream lore and recipes, this book is a great choice – assuming you can find it.

Ice Cream! The Whole Scoop

Format: Book (384 pages)

Availability: Bookstores and online book vendors

Cost: \$14.93 + s/h. Lakewood CO: Glenbridge Pub. Co.

When Gail Damerow writes a book you can count on it being thorough and well-done. Ice Cream! is no exception. Here you can find recipes for ice cream, gelato, frozen custard, sherbet, ice milk, toppings, all manner of ice cream creations, ice cream for restricted diets and even dairy alternatives. It's clear she has done a lot of experimenting; Gail says she eats ice cream almost daily, while maintaining a weight of around 120 pounds. She describes the different types of machines available for ice cream making, including small-scale industrial ones. There is plenty of information on ingredients and trouble-shooting and, while this book is not as detailed as the Marshall/Arbuckle book, neither is it anywhere near as expensive. The recipes I've tried from this book have all been good to excellent. Highly recommended for the ice cream connoisseur.

The Book of Ice Cream

Format: Book (302 pages)

Availability: Used booksellers, online booksellers and used book dealers

New York: MacMillan Co.

One of the dairy trilogies (Cheese, Butter, Ice Cream) in the Rural Textbook Series, The Book of Ice Cream is a classic text for its period. It's old enough that there are instructions for obtaining ice from a lake (remove weeds and algae in the Fall to prevent contamination), and considerations for the ice house, along with ice harvesting and handling tools. Fisk reckons that "if seventy-five or more gallons are made a day," it is worthwhile to move up to mechanical refrigeration.

We are halfway through the book before the ice cream making begins. As with most ice cream texts, there is much discussion of ingredients, especially chocolate

and vanilla. Only a short chapter is devoted to “receipts” (recipes), and you won’t find Rocky Road or Bunny Tracks, but it’s surprising that even at that time they were experimenting with macaroons, nuts, fruits and other flavorings. There is a long chapter on testing and substantial information on equipment, factory construction and marketing. Interesting for its historical value.

Other Dairy Foods

Books that cover a wide range of dairy foods are usually less detailed than specialized resources, but may be valuable to the home dairy or the processor exploring new products.

Books

Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats

Format: Book (688 pages)

Availability: Bookstores and online book vendors

Cost: \$17.82. Washington D.C.: New Trends Publishing Inc.

Only a small portion of Nourishing Traditions is devoted to dairy foods. The major premise of Nourishing Traditions is that we should look to the food traditions handed down from our ancestors when seeking a healthy diet, rather than relying solely on modern studies, which are often biased and contradictory. She advocates eating natural and fermented foods and avoiding “dead,” over-processed and even toxic imitations of food, which may very well be at least partly responsible for the increase in degenerative disease and immune system compromise in our society. Fallon notes that many of the world’s adult populations are intolerant to milk in its natural state, and that most societies have developed methods for fermenting or souring milk that make it more digestible. Because butter and cream contain little lactose or casein, they are better tolerated by most individuals than whole milk, and she recommends butter as an excellent source of necessary dietary fats, contrary to “politically correct nutrition.”

As a recipe book it's a useful one if you have the time to go through the required processes; you won't find "instant" food here. Fallon's meat stock recipes have become my favorites.

Yoghurt: Science And Technology

Format: Book (640 pages)

Availability: Bookstores and online book vendors (cost: \$332.45 + s/h) or by contacting:

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com Cost: \$356

This is apparently THE textbook on yoghurt, as I've never found another book providing such a comprehensive treatment of the subject. Like most dairy textbooks of this quality, its price is prohibitive for all but the most serious yoghurt-makers, but it should be regarded as an essential reference for anyone making yoghurt commercially. Tamime and Robinson, two prominent names in the dairy biz, cover the manufacture of yoghurt, cultures, added ingredients, incubation, packaging and the microbiology and chemistry of yoghurt fermentation. I particularly like the scanning electron micrographs and abundant photos and illustrations. There is a chapter on processing plants and equipment and a rather excessive one on cleaning and hygiene; the latter does cover treatment of plant effluent, an unusual addition. The section on quality control would be helpful for troubleshooting problems, and appendices include useful conversion charts and other information.

Ghee: A Guide to the Royal Oil

Format: Book (82 pages)

Availability: Cost: \$12 + s/h. Kearney NE: Morris Publishing

The Grain & Salt Society, 4 Celtic Drive, Arden, NC 28704
1-800-867-7258 (ph); (828)-654-0529; www.celtic-seasalt.com
Cost: \$7.95

This attractive little book by Kathryn S. Feldenkreis of Purity Farms, Inc. offers complete instructions for making and using clarified butter, or ghee. Purity Farms produces certified organic ghee from the milk of 40 small family farms in Colorado, and distributes the product widely. The 82-page book is chock full of good information, from a brief history of commercial buttermaking to recipes for using and flavoring ghee. Ghee is a fairly simple product – it is butter rendered to produce an oil-like, shelf-stable products, also called “oil of butter” or “liquid gold.” Despite the fact that Purity Farms, Inc. sells ghee, the author generously and thoroughly explains the process in about 10 pages. The rest of the book contains uses and recipes for ghee, as well as compelling advocacy for organic farming and explanations of cholesterol, dairy allergies and how ghee fits into Ayurvedic practice.

Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods

Format: Book (208 pages)

Availability: Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com
Cost: \$16.50 + s/h. Chelsea Green Publishing Co.

This book just jumped out at me when I was at the PASA (Pennsylvania Association for Sustainable Agriculture) conference several years ago. The hot pink title, in a crazy font, on a black and lime green background suggested either a very good marketing firm or a lively and interesting book to explore. Just thumbing through the book, I decided it was the latter. I bought it for my husband, Charley, who likes to experiment with this sort of thing (and makes a dynamite kimchi!), but it sure seems appropriate to review it for people interested in fermented foods.

Sadly, only a single 18-page chapter of Wild Fermentation is devoted to fermented dairy foods, and three of those pages are given over to vegan alternatives. Kefir is well represented, as is yogurt in its various forms. Buttermilk and whey are also mentioned. The entire world of cheese rates only a few pages, and gets very minimal treatment at that; reading through the few cheese recipes, one gets the impression that this is not a favorite topic or something the author has much experience with.

I shouldn't be too harsh, though. This is not intended to be a dairy book, by any means, and I think most homesteaders and folks interested in fermented foods will appreciate the many recipes and background information found in Wild Fermentation. It's a serious book despite the whimsical cover, with nearly 200 pages of history, philosophy and authentic instructions for making miso and tempeh, sourdoughs, alcoholic beverages, vegetable krauts and kimchis and more. The foreword is by Sally Fallon, whose book Nourishing Traditions (also reviewed here) is a standard-bearer in this growing field.

Lactose-Free Dairy Cookbook

Format: Book (76 pages)

Availability: Cost: \$12 + s/h.

The illustration on the cover of The Lactose-Free Dairy Cookbook is of a cow with a cartoon thought bubble above its head, containing only a question mark. My sentiments exactly. Curiously Marren's lactose reduction is based mostly on using a product called Lactaid to treat milk and cream for making dairy products like sour cream, butter and soft cheese that will contain less lactose. I find no mention of hard cheese except in her cover letter, where she claims, “Hispanic cuisines usually avoid dairy with the exception of the aged cheeses which are known to be very low in lactose.” The part about aged cheese being low in lactose is true, but many Mexicans, at least, consume large amounts of fresh cheese.

Some people who believe they are lactose intolerant are actually allergic to milk proteins or cannot tolerate processed milk, but I suppose that someone who is truly lactose-intolerant may welcome this book because they miss sour cream and butter on their potatoes.

Kefir Rediscovered!: The Nutritional Benefits of an Ancient Healing Food

Format: Book (85 pages)

Availability: Used booksellers, online booksellers and used book dealers

It all comes down to culture. Kefir, the “champagne of milk,” is a fermented product that Klaus Kaufmann predicts will be the next yogurt! Considering that today there are 4,630 members of the kefir_making group on Yahoo groups – that’s more than twice the number on the Artisan Cheesemakers’ list! He might just have something there. I’m always hesitant to join a group with an activity level of over 1,000 messages per month, but decided to give it a whirl, at least for long enough to see what’s going on.

The background story of kefir resonates with our times: legend has it that kefir was a gift of Allah (God), passed through the Prophet Mohammed to his followers in the Caucasus Mountains of Georgia. In fact, Sandor Ellix Katz, the author of *Wild Fermentation* claims that the long-living people of Georgia, whose story is more or less responsible for the wildfire spread of yogurt in the U.S. over the past few decades, were more than likely consuming kefir instead of yogurt, as Dannon advertised. The recipe and cultures were considered a treasure, kept secret for generations, until a female Russian spy managed to get 10 pounds of kefir grains from a Caucasus prince, with the help of her powerful government. (The whole story is too complex to tell here; it is delightfully recounted in more detail in both this book and *Wild Fermentation*, which is reviewed elsewhere in this publication.)

The Russians were the first to mass-produce kefir in the early 1900s, and the product enjoys wide acceptance by the Russian people, who make kefir and kefir products from cow, goat and sheep milk. In other parts of the world, milk from mares, water buffalo and even sows is used for kefir-making, according to Kaufmann. (Now I REALLY want to see someone milk a big old mama pig!)

Kefir Rediscovered! is a treasure trove of such tidbits. The book is small – my copy is 84 pages, but apparently a later printing is 96 – and can be read in a couple of hours. The final chapter contains a variety of interesting-looking recipes that would certainly come in handy for anyone with a robust kefir culture. There are complete instructions on making kefir with or without the recommended Goodlife Kefir Maker from Australia. Well, sort of complete. In the “traditional” method recipe the author leaves out the amount of milk to use, though he does say to add ½ to 1 cup of kefir grains. Oh, well. Details, details.

Much of the book is devoted to praising the virtues of kefir and its health-enhancing properties. I tend to be skeptical of products (and books that promote them) that claim to prevent cancer and autoimmune diseases; it’s often hard to separate the wheat from the chaff when it comes to health claims. Unfortunately, these days we are pretty much on our own and it’s hard to know whom to trust. Most medical science is funded by those who stand to make big bucks on products that are (or can be made) inaccessible to the masses, except through that manufacturer. Kefir is just too democratic to be of interest, I guess.

Still, independent groups have done a great deal of research in this area, and there is plenty of anecdotal evidence that fermented products such as kefir could certainly be beneficial, especially for people who have limited access to fresh foods containing active enzymes. A recent study showed that Europeans and Canadians spend less than half what we do in the U.S. on health care, but are healthier than we are. We should be asking all sorts of questions, including whether the lack of enzymes in our guts is causing big problems. Kefir may be one of many answers.

I recommend this book if you can obtain it at a reasonable price. According to the publisher, it is now out of print, and the Alive Books customer service person I spoke to knew of no plans to reprint it. Amazon.com is listing it for \$110 at the moment, and there is one bookseller asking \$200. Yikes! Occasionally there are copies available on the CreamLine Bookshelf.

Dairy Processing

Modern materials on the general subject of dairy processing tend to be oriented toward large-scale manufacturing. It is often difficult to tell from the title of a book how much value it will be to those on a small or intermediate scale.

Books

Transforming Rural Life: Dairying Families and Agricultural Change, 1820-1885

Format: Book (291 pages)

Availability: Bookstores and online book vendors

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com Cost: \$16 + s/h.

Another fascinating “herstory” of the rise and fall of farmstead cheesemaking, this time in Oneida County, New York. Unlike the situation in Wiltshire, Great Britain (Forgotten Harvest), cheesemaking in New York was the domain of the farm wife and daughters, rather than of hired dairymaids. The work of the American cheesemaker, like that of her overseas counterpart, was laborious and unrelenting. Dairy families prospered, though, and there was rarely an oversupply of farmstead cheese great enough to cause a drop in price. The rise of crossroads cheese factories in the late 1800s allowed dairy farms to sell their milk in liquid form, and most farm wives quite willingly (if not gleefully) gave up the confining and demanding chore of cheesemaking. Much of the surplus of cheese produced by the factories was sent to England, contributing to the demise of farmstead cheesemaking there. Ironically, New York cheese suffered the same fate when dairying became a major industry in the upper Midwest. These histories offer insight and perhaps a warning about the need for moderation and restraint. Cheesemaking can be profitable, but can also result in “burnout.” Though modern cheesemakers have more options than did their predecessors, a common theme on e-mail discussion groups is lack of time off and the demanding nature of the work.

Willard's Practical Dairy Husbandry

Format: Book (546 pages)

Availability: Used booksellers, online booksellers and used book dealers (cost: \$65 & up + s/h) or by contacting:

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com Cost: \$32.99 & up + s/h.

X.A. Willard was a dairyman and writer, important in the mid-1800s for his study and documentation of dairy practices. He was one of the founders of the American Dairyman's Association and, as a representative of that group, was sent to Europe to observe and report on the dairy industries of the Old World. His work was so respected that he was hired by the Royal Agricultural Society of England, and when he returned to his native New York state, published Willard's Practical Dairy Husbandry and other important works. According to his preface, there had before been no such publication for the U.S. dairy industry, which at that time was centered in New York.

If you are fortunate enough to find a copy of this book at a reasonable price, chances are it will be marked with “withdrawn” and “storage” stamps from one or more libraries, and will have fragile and yellowing pages. It's a curious book: the subject matter ranges wildly, often within the same chapter. For example, in a chapter entitled “Milk,” Willard seems to group everything he knows about the subject – from the effects of climate and breed on milk composition, to the commercial condensation of milk, to “The Use of Skimmed Milk as an Exclusive Diet in Disease.” The book includes illustrations of dairy equipment of the time, as well as layouts of various types of factories. Mr. Willard was a proponent of the crossroads creamery, taking milk from a dozen or so local dairy farms, as a solution to the “drudgery” of farmstead cheesemaking. He expresses concern for “persons prematurely aged and with broken health ...” “... and more especially the female portions” caused by the arduous labor of this demanding occupation. Still, he did acknowledge that dairying added greatly to the wealth of the countryside, and it is doubtful that Willard would support the current trend toward mega-

dairies, which tend to funnel profits elsewhere.

Some of the material (especially prices, statistics, etc.) in this book is dated and not very useful except from a historical standpoint. I loved the illustrations of butter churns powered by dogs, sheep and children on swings. (There are innovative researchers even today developing children-powered water pumps for Third World Countries, in the guise of a playground merry-go-round (<http://www.roundabout.co.za/index2.htm>). However, there is also a great deal in the book of practical interest to the small dairy even today. If you can find an affordable copy, grab it.

Goats Produce Too!: The Udder Real Thing, Volume II

Format: Book (125 pages)

Availability: Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; info@cheesemaking.com; www.cheesemaking.com Cost: \$18 + s/h

Hoegger Supply Company, Fayetteville, GA, 30215;
(770) 461-6926 (ph); (770) 461-7334 (fax);
www.thegoatstore.com Cost: \$16.95 + s/h.

A favorite in the goat world, Goats Produce Too! is an informative little book covering goat milk, cheese and other dairy products, goat milk soap and goat meat. It contains just about everything you need to know to get started with milk goats. One interesting section describes the grading system for milk (at least as it pertains to cooling the milk), all the way down to grade ‘E,’ information I’ve seen nowhere else. About a third of the book is devoted to cheesemaking, with basic recipes for various cheeses and kitchen recipes for using the cheese. A cheese glossary and chart on “Cheese Problems and Solutions,” though somewhat out of place – after the soap and meat chapters – should be very useful to a new cheesemaker. A recipe index at the end helps the reader locate the many recipes scattered throughout. I particularly like the spiral binding that lays flat; this should be a requirement for all cookbooks! Goats Produce Too! is a no-nonsense, chock-full booklet filled with ideas for the homestead goat dairy.

Whey Processing and Utilization: Economic and Technical Aspects (Food technology review)

Format: Book (211 pages)

Availability: Used booksellers, online booksellers and used book dealers.
Cost: \$42.79 used. Park Ridge, NJ: Noyes Data Corporation

Being over 30 years old, this book probably does not contain the most up-to-date information, but it is quite readable for such a dry-sounding title. Whey Processing and Utilization does contain lots of ideas for the use of whey, including animal food, human food additives, fertilizer, etc. Whey definitely has potential to be a pollution problem, and many attempts have been made to find uses for it, including as a flavor enhancer and conditioner in numerous food products. The book describes how whey was incorporated into soft drinks to determine the feasibility of a formulation containing 0.5% to 1% whey to improve the nutrient quality of the beverages, which at that time were selling at a rate of about one bottle per day per capita in the U.S. This would have solved the whey disposal problem; however, in taste tests acceptance wasn't great. Use of whey as an animal feed was not profitable back in the 1970s, but that situation may have changed by now. In large-scale plants, whey is dried and sold for use as a food additive. Whey is a good nutrient source and soil conditioner when spread on fields in moderate quantities. These latter two options, along with making of ricotta and other whey cheeses, may prove to be the best alternatives for farmstead cheese producers, though ricotta is quite perishable and a nuisance to make.

Small-Scale Food Processing: A Guide to Appropriate Equipment

Format: Book (176 pages)

Availability: Bookstores and online book vendors

Cost: \$55 + s/h. London: Intermediate Technology Publications.

The title promises a book containing what farmstead processors are looking for, but you can't judge a book by its cover – or its title. While Small-Scale Food Processing does contain a great deal of useful information, it simply does not guide small-scale dairies to accessible sources of appropriate equipment. Each chapter describes, briefly, the products and the production stages and equipment required for each. In terms of dairy processing, the directory of equipment includes listings for small-scale bottle washers, butter pats, dairy centrifuges (separators), cheesemaking supplies, vats, churns, curd cutters, cold storage, filling and capping machines, homogenizers, ice cream makers, incubators, packaging equipment, pasteurizers and pH meters. That sounds pretty impressive, but the listings are far from comprehensive. Most of the dairy equipment listed as available in the U.S. comes from Lehman's Non-Electric Catalog (homestead scale). There are several sources in the UK and other places in Europe, but there are no phone numbers or World Wide Web addresses, which makes contact difficult. Perhaps a newer edition will include this information. It almost seems, too, as if U.S. manufacturers have been ignored. For example, in the "Honey, Syrups and Treacle" chapter, the major U.S. small-scale industry of maple syrup making is not mentioned, though "kitul palm tapping" is included. The book's focus is on developing countries, whose requirements are often not as stringent as those in the U.S.; in all likelihood much of the equipment listed (especially dairy equipment) would not be legal here without modification. This would probably be a useful book for a kitchen incubator to own. However, farmstead dairy folks will have to continue searching in nooks and crannies to fill their equipment needs. Fortunately, in recent years new custom equipment makers have begun to fill the void and smalldairy.com is a good place to find many of them.

Milk Plant Layout (FAO Agriculture Studies #59)

Format: Book

Availability: Used booksellers, online booksellers and used book dealers

This little handbook showed such great promise! The foreword spoke of improving nutrition worldwide and of the book being "primarily intended for countries where this [dairy] industry is not well developed." My expectation was for design and implementation of small-scale plants but – alas – Milk Plant Layout was written in the 60s, and reflects that decade's irresistible urge toward industrialization and centralization. There are photographs of people unloading cans of milk off farm trucks, but beyond that point, beginning with the automatic can-tippers, the investment in stainless steel is immense. I wonder how many plants built overseas now sit idle in countries where people could not afford to repair and update the elaborate American equipment. Nevertheless, the book deserves honorable mention for outlining in detail the requirements for a dairy plant of any size, discussing layout in terms of space requirements, water and electrical needs, efficiency in process and equipment placement, types of materials to use, etc. Someone in the planning stages of a new processing plant might find it worthwhile to locate this publication through an agricultural library or via interlibrary loan. Any FAO depository should have a copy.

Village Milk Processing (FAO Animal Production and Health Paper #69)

Format: Book (75 pages)

This book outlines the requirements for setting up a small village milk processing plant in an underdeveloped nation, where the transportation situation is often difficult and refrigeration facilities are limited to nonexistent. Although much of the equipment described in this book would not be legal in the U.S. (wooden

molds and tables, for example), Village Milk Processing contains some important information. There is a chapter on the preparation of rennet that is the most detailed description I've seen of the process, including how to standardize the strength of the rennet. Sample milk plant layouts might also be helpful for someone designing a small plant.

Apparently only available from FAO depository libraries; fortunately there are a good number of them that hold this publication. Check your local library to obtain this publication through interlibrary loan.

Milk and Milk Products: Technology, Chemistry and Microbiology

Format: Book (451 pages)

Availability: Used booksellers, online booksellers and used book dealers

Cost: \$100+ s/h.

Another technical book on milk and milk products, this appears to be a textbook, as it contains questions and exercises at the end of the chapters. It seems reasonably thorough and understandable for an educated layperson. The book contains many useful tables, illustrations and interesting comments on some political and social issues involving dairying. It also includes critical control point (CCP) information, which might be quite helpful to someone setting up a dairy processing operation. This book should also be available through interlibrary loan. At the time I reviewed it for the original Small Dairy Resource Book it was still available new from the Cheese Reporter, but now seems to be available only as a used book, with a hefty price.

Complete Dairy Foods Cookbook: How to Make Everything from Cheese to Custard in Your Own Kitchen

Format: Book (296 pages)

Availability: Used booksellers, online booksellers and used book dealers

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com.

According to Internet legend, Pulitzer Prize winning fiction writer Annie Proulx has more or less "disowned" this book, which was one of her early works. Still, some dealers are anxious to take advantage of her fame and charge huge sums for the book – to get a copy with a dust jacket, expect to pay over \$100; a signed copy is \$500. (I found an excellent copy for \$8, including shipping.)

The Complete Dairy Foods Cookbook is the most well-researched book of its kind that I've come across. It is crammed full of useful tidbits and recipes; it even includes an illustration of the sheep-operated cream separator mentioned in the review of Butter by Claire Totman. Perhaps Proulx turned vegan over the years; otherwise it is hard to imagine why she would not be proud of this work. It is an excellent introduction for the homestead dairy. The book contains much of historical interest, step-by-step instructions for making many dairy products, a chapter on equipment and a resource guide, along with hundreds of recipes using cow and goat milk.

Home & Farm Dairying

Format: Book (128 pages)

Availability: Used booksellers, online booksellers and used book dealers

Katie Thear's books are very popular with the homesteading set – and with good reason. They are inexpensive, readily available (frequently on E-bay) and easy to follow, with a wide range of recipes offered.

Like many other beginners' books, *Home Dairying* (1983) does not give the reader acidity markers for cheesemaking, relying instead on time periods for proceeding from one step to another. While some satisfactory cheese can be made this way, eventually the home cheesemaker will wonder, "what went wrong?" after attempting to make cheese in the same way one bakes a cake. Still, *Home Dairying* is no worse than other books in this respect. It is attractive, with clear illustrations and generally adequate information for starting out with dairy products.

Home and Farm Dairying improves on the first book by adding acidity markers to some cheese recipes though, curiously, even though the book seems generally oriented toward small-scale commercial producers, the recipes are still in very small quantities. If one could simply increase ingredients proportionately to the amount of milk, this would not be a problem, but that is not the case. Thear does include a chart showing amounts of starter to use for different amounts of milk. In *Home and Farm Dairying*, most of the illustrations and photographs are definitely geared toward the small commercial dairy, but interspersed between them are home dairying instructions and illustrations, which seems a little schizophrenic. My hope is that Katie Thear will someday separate the two and produce a book clearly intended for the commercial artisan level; she seems to have the experience and clarity to produce such a work, more of which are sorely needed.

Encyclopedia of Country Living: An Old-Fashioned Recipe Book

Format: Book (864 pages)

Availability: Bookstores and online book vendors (cost: \$20 + s/h) or by contacting:

Ricki Carroll, New England Cheesemaking Supply Co, P.O. Box 85, Ashfield, MA, 01330; (413) 628-3808 (ph); (413) 628-4061 (fax); info@cheesemaking.com; www.cheesemaking.com
Cost: \$29.95 + s/h.

Carla Emery's *Old-Fashioned Recipe Book* is one of the most well-worn references in my (not insubstantial) library of sustainable living books. I have the November 1977 Bantam edition, which apparently was the eighth printing since 1974, and the first one not produced on a mimeograph machine! The title and subtitle have since switched places, but I never bought the newer editions because I never felt I needed them. The early book had just about every answer I looked for: how to cut up the deer a hunter (given permission to hunt on our land) dropped off on the doorstep early one morning; how to make fruit leather; how to make root beer out of actual roots; what to do with the snapping turtle we caught stealing fish in the pond; how to make real mincemeat; how to clean tarnish off silverware with readily available household ingredients; what to do with pigs' feet; formulas for natural insect repellants and home remedies; how to tan a hide; and, most recently, how to render lard.

This is just a tiny sample of the enormous amount of information available in this true compendium of the homesteading lifestyle. I have other books for references on gardening, herbs, canning, baking, mothering, raising animals and cheesemaking (all topics included in the *Encyclopedia*), but when I needed some obscure bit of information – especially some old-timey advice on how to do something or another – Carla's book got pulled off the shelf. I especially was grateful for her book during the bleak days when vegetarianism was in its prime, when meat (and often dairy) animals were shunned and health food store bookshelves burgeoned with tomes on how to use tofu six million ways. (Carla tells you how to make and use tofu, too!)

For this review I checked the ninth (and current) edition of *The Encyclopedia of Country Living* out of the library for comparison purposes. The new version has expanded to almost 900 pages (mine is 529) and is on paper of all one color, sort of a high-quality, off-white newsprint. I have the old "rainbow" edition that is part green, part yellow and part pink. I treasure it even as the colors fade and the edges turn brown.

The new edition is better organized, with guides along the edges to show what general section you are in. Carla claims there are fewer typos, too. It contains very much the same information, plus updates and additions. Unfortunately, to make room for all the new stuff, Carla had to drop the chapter on "Definitions and Measures," which included sections on "using very old recipes" and "definitions

of words from antique cookbooks," as well as equivalent ingredients, which can help you avoid an unnecessary trip to the store when you discover you have run out of something critical right in the middle of a recipe.

Both editions have substantial useful information for people who keep (or aspire to keeping) dairy animals – everything from buying the land to using up the milk in multiple creative ways. Sheep dairying gets minimal treatment, even in the ninth edition, but it's obvious that Emery had hands-on experience with cow and goat dairying, as well as substantial input from others who keep dairy animals.

I went to Carla's Web site (www.carlaemery.com) recently for the first time since she and I last corresponded, sometime during the summer of 2005, when she was in the middle of an extended speaking tour. She was passing out flyers for my newsletters and needed more. I didn't know, until that web page visit, that Carla Emery DeLong had passed away on October 11, 2005, before her tour was completed. It made me all the sadder because she spoke in North Carolina at one point, and I was unable to attend because of the demands of my cheese business, so I never got to meet this remarkable woman in person. She will be sorely missed, but she has left an extraordinary legacy to all of us. I think I may have to buy that ninth edition ...

Home Dairying

Format: Book (96 pages)

Availability: Used booksellers, online booksellers and used book dealers

See *Home and Farm Dairying*

Making Cheese, Butter and Yogurt: Storey Country Wisdom Bulletin

Format: Book (32 pages)

Availability: Bookstores and online book vendors

Cost: \$3.95 + s/h.

This is a little book of basics for the beginner. Nothing fancy, just good general instructions and recipes for making cheeses, butter and yogurt. The 1983 edition was by Phyllis Hobson, the 2003 update by Ricki Carroll. Most of the emphasis is on cheese.

Dairy Starter Cultures

Format: Book (277 pages)

Availability: Bookstores and online book vendors (cost: \$220 + s/h) or by contacting:

Betty Merkes, Cheese Reporter, 2810 Crossroads Drive, Suite 3000, Madison, WI, 53718; (608) 246-8430 (ph); (608) 246-8431 (fax); info@cheesereporter.com; www.cheesereporter.com Cost: \$260. New York: Wiley-VCH, Inc.

Other than the rare Pfizer Cheese Monograph, Lactic Starter Culture Technology, which really isn't very comprehensive, there aren't a lot of books around that focus on starter cultures. *Dairy Starter Cultures* appears to be an industry text (and commands the associated high price – currently the price is \$186 and up), though it is not printed on glossy, high-quality paper as is usually the case for books of this sort. *Dairy Starter Cultures* contains the deep science of starter cultures and is probably more than most cheesemakers want to know about the topic. I enjoy perusing the electron micrographs, but the biochemical pathways are beyond me. The book cites a wide range of research and would be a good reference for someone interested in delving into the subject or investigating a starter culture problem, but most cheesemakers don't have the luxury of doing their own research. It's easier to call Dave Potter at Dairy Connection (the premier U.S.

culture house for small-scale producers). The book is a decade old now, so you might luck out and find a reasonably priced copy in a used bookstore if you live near a dairy school. Otherwise, try a good academic library or interlibrary loan.

Newsletters/Extension Publications

The Dairy Pipeline

Format: Newsletter, Extension Publication (12 pages)

Availability: New and archive issues available free on website.

URL: www.cdr.wisc.edu/newsletters/

Dairy Pipeline is a quarterly publication of the Center for Dairy Research (CDR) at University of Wisconsin in Madison, funded by the Wisconsin Milk Marketing Board. Processors can receive it for free (see contact information) and anyone can view the issues online at www.cdr.wisc.edu. Topics tend to be rather technical and focused on commercial operations – typical articles have titles like “Uncovering the Cause of Cheese Defects” or “Monitoring the Biological Safety of Dairy Plants” and may include the results of research done at CDR. Some subjects (processed cheese or HTST pasteurization, for example) may not have much to do with small-scale producers, but many of the articles are useful and interesting. The authors and reviewers are CDR and staff of the Food Science Department at the University of Wisconsin. As a bonus, The Dairy Pipeline’s “Calendar” lists upcoming short courses and conferences, and there is a “curd clinic” column, wherein producers can have questions about specific cheese problems answered by professionals.

Newsletters

CreamLine: A New Voice for Little Dairies

Format: Newsletter (20-24 pages)

Availability: Vicki Dunaway, CreamLine Bookshelf, P.O. Box 1616, Honoka’a, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com Cost: \$35/year + s/h.

CreamLine was the first major outgrowth of the Hometown Creamery Revival SARE project and, since the project's end, has taken on a life of its own. The newsletter is published to give a voice to and facilitate networking by farmstead dairy processors and small-scale dairy operators. The major emphasis of CreamLine is on cheesemaking, since that is the most complex and in-demand form of artisanal processing, but bottling, ice cream, cultured foods and other dairy products are also covered.

CreamLine takes a holistic approach to include the entire farm, with the idea that good dairy products begin with wholesome, clean milk, healthy animals and a healthy environment. The publication contains farm interviews and stories, recipes, processing instructions, guest articles, equipment and book reviews, classified ads and more. CreamLine also contains display ads from a number of equipment dealers and suppliers of items useful to farm businesses. Most back issues are available, and a sample issue can be found at www.smalldairy.com.

Serial publications

Journal of Dairy Research

Format: Serial publication

Availability: Bookstores and online book vendors (cost: \$570 + s/h) or by contacting:

New York: Cambridge University Press. Cost: \$660/yr + s/h.

High prices of scholarly journals are forcing many libraries to drop their subscriptions to printed publications and switch to electronic media. In the original Small Dairy Resource Book I wrote "This one fortunately is still retained by the Virginia Tech library, but one wonders for how long." That was in about 1999. The last print issue the library currently lists is November 2002. They do have online access, which is at least something, but difficult to just browse through.

The publication sometimes contains articles that may be of interest to the serious farmstead processor or dairy farmer – for example, during a cursory review I found articles entitled, “Effect of Lactation Stage on the Cheesemaking Properties of Milk and the Quality of Saint-Nectaire Type Cheese,” and “Sole Disorder in Conventionally Managed and Organic Dairy Herds Using Different Housing Systems.” Detailed scientific studies such as these may answer the questions of or offer new ideas to even small-scale dairy farms. Unfortunately, there are few mechanisms for transferring this type of information from the university level to the small farm, though that was the original mission of the Extension service. The cost of this publication is certainly prohibitive for individual ownership. If you have a good agriculture library nearby that carries this Journal, either in print or online, it may be worthwhile to scan it occasionally for useful information.

Dairy Foods Magazine

Format: Serial publication

Availability: Bookstores and online book vendors

Cost: free + s/h.

Dairy Foods is a terrific resource for those qualified to receive it for free, which would presumably include anyone who makes a dairy product for legal sale. A glossy magazine, Dairy Foods articles are often very pertinent to processors of all sizes, including much good information on marketing trends, packaging, new products, etc. I remember an issue, for example, that contained an article about Ben & Jerry’s successful search for an ice cream container that doesn’t require bleaching and its associated dioxin release into the environment. Another story was about a dairy producing methane from its waste and using the gas for process heat. It’s great to know that such information is getting into the mainstream of dairy processing. (Unfortunately the dairy producing methane was in New Mexico, supporting the nonsensical idea of dairying in the desert.)

The advertising section of Dairy Foods, as well as the publication’s Sourcebook, published each July, contain sources for new and used equipment, some of which might be appropriate for small scale. The publication would be difficult to find outside a dairy processing plant (I note the Virginia Tech library discontinued its subscription several years ago), but if you qualify, it’s certainly worth a trip to the Web site to fill out a request on-line. Be aware, though, that once signed up it’s hard to get off the mailing list, and it’s a good idea to tell them not to share your information. You can also receive an e-newsletter or view archives of past issues online.

Food Safety

Everyone who handles milk must treat it with the utmost care and sanitation. Going beyond one's own home to sell milk products on increases responsibility. To reduce risk, it is important to be aware of regulations, possible pathogens and good handling practices.

Books

Milk: The Deadly Poison

Format: Book (330 pages)

Availability: Used booksellers, online booksellers and used book dealers

Not your average bedtime reader, Milk: The Deadly Poison is a 300-page tirade against milk in its present state – i.e., homogenized and full of IGF-1, a powerful growth hormone which is boosted by the administration of rBGH to cows. It is a tiresome work for the reader, being stuffed with redundant information, to the point that the reader begins to skip over parts. Nevertheless, Cohen's story is not to be taken lightly. The story of the growth hormone's approval and use, against considerable consumer resistance, is well known to anyone with an interest in clean food. Cohen persisted in trying to learn the truth about rBGH, all the way to meetings and hearings in Washington, but he ran into a stone wall that could not be scaled or broken. He wanted only to see the raw data from a study on mice fed milk from rBGH-treated cows, but found that information guarded inside the fortress of "trade secrets." He alleges that even FDA and WHO (World Health Organization) scientists who reviewed the proposal for this new drug were not given access to these data; and he found several former employees of Monsanto (the drug's manufacturer) on the FDA payroll, in strategic positions. New studies, recently published in medical journals in the U.S. and abroad, are bringing to light possible connections between rBGH (and its stimulation of insulin-like growth factor, or IGF-1) and cancer in humans. Europeans and Canada have placed a moratorium on the use of rBGH due to these findings. Considering that milk is a substance consumed in relatively large quantities by millions of children and adults, it seems only reasonable that every precaution be taken before allowing such tampering with this vital fluid; laxity in investigation has implications of unimaginable horror. Mr. Cohen's viewpoint is extreme, but his message should be heard.

Manuals

Vermont Cheese Council Code of Best Practices

Format: Manual (86 pages)

Availability: Cost: \$10 + s/h.

This 82-page booklet is an excellent early attempt at establishing a set of standard practices for farmstead cheesemaking in the United States. The Council adapted the Code from a similar one written by The British Specialist Cheesemakers Association. Vermont is far ahead of much of the U.S. in promoting farmstead cheeses, so it is fitting that the state should lead the way in addressing the inevitable food safety issues that arise. The Code lays the groundwork for the cheesemaker who is preparing an HACCP (Hazard Analysis Critical Control Point) plan by detailing possible hazards and controls for each. Although more information and training would be necessary to actually prepare an HACCP plan, the Code outlines details specific to the cheesemaking process that should be included. There are also sections on cheese retailing and transportation issues. Additionally, useful tools such as sample cleaning and cheesemaking logs are offered in the Appendix. "A great cheese can only be made from excellent milk" sets the tone of this work: the Council squarely faces the need to begin the cheesemaking process with clean milk and does not attempt to duck the responsibility for reducing contamination at its source by claiming that pasteurization will solve all potential problems. The Council should be commended for its foresight and encouraged to continue its good work.

Business & Marketing

A big part of sustainability for any farm is profitability. Here are some materials that reveal market trends, offer examples of successful operations, advise how to plan for a new value-added business, and foster creativity in marketing.

Books

Farm Fresh: Direct Marketing Meats & Milk

Format: Book (251 pages)

Availability: Stockman Grass Farmer, Ridgeland, MS, 39158;
(800) 748-9808 (ph); (601) 853-8087 (fax);
sgf@stockmangrassfarmer.com;
www.stockmangrassfarmer.net/ Cost: \$35.60 + s/h.

Farm Fresh seems to be a reworking of Joel Salatin's book, *You Can Farm*, supplemented with articles and ideas from *Nation's* popular magazine, *The Stockman Grass Farmer*. Aesthetically, this book drives me insane. Someone who watches a lot of TV and is accustomed to having the subject change every few seconds may not find it so annoying, but that schizophrenic format is the main reason I don't watch television. Unfortunately, inserting sidebars and other interrupting material is all the rage in publishing these days, but Farm Fresh just seems to overdo it. The overall impression is that someone was in a hurry to get a book out and threw a hodgepodge of stuff together without thoughtful attempts to organize the information. For example, the chapter in the book most useful to dairy processors, entitled "Loading the Wagon," flits from bison meat to bottled milk to cheese and back to pastured veal. Then there is another interview with a bottler in a completely different chapter. The layout includes, on almost every page, a box or two surrounded by heavy black lines, enclosing some factoid or platitude that may or may not be relevant to the subject in the main text on the page.

Though subscribers to *The Stockman Grass Farmer* probably won't find much that is new, Farm Fresh does contain some excellent material. *Nation* famously reads lots of books on marketing, and passes on numerous tidbits in Farm Fresh, which can be highly valuable to readers not previously exposed to these ideas. The first 60 pages are good reading for wannabes, including a questionnaire to help a prospective direct marketer decide whether this route is the best way for his or her farm to go. (Also see *Farming Alternatives* for a more thorough self-evaluation.) In his magazine *Nation* routinely features successful farms, and a number of those interviews are repeated in Farm Fresh. Of special interest to potential dairy processors are in-depth interviews with cheesemakers Alyce Birchenough and Doug Wolbert of Sweet Home Farm in Alabama, Kerry and Barb Buchmayer, who bottle milk in Missouri, and David and Leanne Wright, bottlers and ice cream producers in northeast Alabama. The advice given by Alyce and the Buchmayers is particularly helpful; these veterans are unafraid to tell the whole truth about the hard work required for a processing business, despite *Nation's* tendency to "accentuate the positive" and promote successful farm businesses with lots of emphasis on how much per hundredweight the milk is worth as cheese or ice cream. Birchenough and Buchmayer emphasize that on-farm processing is not a get-rich-quick scheme.

Farm Fresh contains a brief bibliography and (mercifully) a good index, as well as a few pages of Web site resources. It's a decent read for wannabes, but for a small paperback with large print and no photographs it's fairly pricey at \$35.60, so you might consider borrowing through interlibrary loan or sharing a copy, saving your budget for a good reference book. On the other hand, it's cheaper than driving to Alabama.

From Kitchen to Market: Selling Your Gourmet Food Specialty

Format: Book

Availability: Bookstores and online book vendors
Cost: \$20 (2005 ed.) + s/h.

"And if we tell you the name of the game, boy, we call it riding the gravy train." (Pink Floyd). *From Kitchen to Market* is about the gravy train. It focuses on the middleman, shelf space allotments, and how you shepherd your specialty food product from small-time to big-time. Had Ben and Jerry read this book they probably would have given up before they started. For the producer who is ready

to launch his or her product on a regional, national or even international basis, this is probably required reading. It contains information on developing and positioning a product, packaging, labeling, pricing, warehousing, shipping, sales literature, promotions, buyers, distribution channels, brokers and business organization. About a third of the book consists of appendices ... some useful, some of questionable value. Dairy folks already know a lot about the middleman, and those interested in on-farm production are generally trying to get away from wholesaling. There is some useful information here for one who wants to sell retail, but probably not enough for the nearly \$30 investment.

Note: Since the above review was written for the original Small Dairy Resource Book, *From Kitchen to Market* has gone through two additional revisions, now in its fourth edition (2005). It must be helping someone! On Amazon.com it gets rave reviews from readers, though none indicated he or she had a dairy product. A glance at the Table of Contents indicates the material is similar to that in the 1996 edition, and there is even a chapter on export markets.

Legal Guide for Direct Farm Marketing

Format: Book

Availability: Center at Drake University, Des Moines, IA 50311; (515) 271-2824.
Cost: \$40 + s/h. Des Moines, IA: Drake University
Agricultural Law Center.

The *Legal Guide for Direct Farm Marketing* is an excellent resource for anyone engaged in direct marketing activities. Neil Hamilton is a law professor and director of the Agricultural Law Center at Drake University Law School. He uses clear language, example cases and occasionally a question/answer format to convey an impressive amount of information regarding direct marketing. Chapters include general coverage of legal issues for direct marketers, as well as detailed information on farmers' markets, business organization and startup, financial issues (contracts, food stamps, etc.), marketing and labeling, land use and property law, labor and employment, insurance and liability and high-value products. Meat, poultry, eggs and dairy products have their own chapter. Hamilton discusses dairy legal issues only briefly, but includes specific cases that may be of interest. Hamilton issues stern warnings about what can happen to a farmer and his or her property if someone becomes ill from illegally marketed products.

The Cheese Board: Collective Works

Format: Book (230 pages)

Availability: Bookstores and online book vendors
Cost: \$14.93 + s/h. New York: Ten Speed Press.

You know, it seems like when old hippies get themselves together enough to do something, the results are nearly always creative and interesting. In 1967 the Cheese Board opened as a small specialty shop in (where else?) Berkeley CA. In 1971, the two owners sold the shop at cost to their employees and formed a collective in which all workers, regardless of seniority or position, were paid the same and learned all tasks – from sweeping the floor to participating in major decisions. Since its opening, the shop has added bread, pizza and a café to the assortment of European cheeses, has grown in size, and remains a hotspot for residents and visitors, who are only too happy to wait in long lines for high quality food and friendly service. (Instead of taking a number for service, customers receive a playing card – "queen of hearts, next!")

The *Collective Works* book is documentation of this extraordinarily successful experiment. While cheese is only part of the story, the whole book is a testimonial to the idea that there are other ways of doing business well besides hiring an overcompensated CEO to run a hierarchical structure. The cheese-related part of the book, approximately the last quarter of the 200+ pages, includes general information on how cheese is made, descriptions of a variety of cheese plates and the cheeses featured on them, recipes for cheese breads and other cheese recipes. Other sections include a discussion of the French AOC system, enthusiasm for the rise in American artisanal cheeses and special attention paid to California artisanal

cheeses. I love this book.

Perils and Pleasures of Domesticating Goat Cheese: Portrait of a Hudson Valley Dairy Goat Farm

Format: Book (116 pages)

Availability: Bookstores and online book vendors

Cost: \$16 + s/h.

This is a coffee table book, a pleasant virtual visit to Coach Farm in the Hudson Valley of New York. Coach was one of the earlier goat farms, established by a couple who together “were almost a hundred and forty years old at the time.” Owners of the Coach leather goods factory in New York City, Miles and Lillian Cahn bought an abandoned farm and had the “terrific idea” that they wanted to make goat cheese. This is their story, one that should probably be read by anyone aspiring to make cheeses for a living.

The narrative, in large print and with plenty of white space, occupies only the first 21 pages. The next 90 pages feature glossy color photographs, by daughter Julie Cahn, of the 1000-goat farm, the creamery and the market, with a final few pages serving suggestions for their cheese. It’s clear from the photos that this is a highly capitalized operation, using French equipment and facilities that probably set the owners back a good quarter million bucks for the creamery alone. There may be some ideas and wisdom here for cheesemaker wannabes, but a “how-to” manual this is not. It’s just a book to sit back and enjoy.

Dynamic Farmers’ Marketing: A Guide to Successfully Selling Your Farmers’ Market Products

Format: Book (129 pages)

Availability: Bookstores and online book vendors

Cost: \$24.95 + s/h.

Not only does Dynamic Farmers’ Marketing contain lots of great ideas for individual farmers, it also has information on the structure of a market, examples of excellent ways to advertise the market and samples of rules from three different sizes of market. Ishee covers best ways for farmers to display their products and themselves, the best items to sell, and how to interact with customers. He also addresses the age-old problem of local versus shipped-in produce and ways to deal with vendors who are not quite up-front. In the recent past, dairy products were generally avoided at farmers’ markets; however, with the rise of farmstead cheesemaking, and the desire of markets to provide a larger selection for customers, accommodations are being made to include cheese, and in some cases a wider selection of dairy foods. This is proving to be one of the best ways for farmers to get started, gain name recognition, and obtain premium prices for their products. One of the former participants in the Minnesota Farmstead Cheese project told me that, after years of testing various markets, including wholesale, her farm decided to sell their considerable volume of cheese (500 pounds a week!) exclusively via seven farmers’ markets and a family-owned gourmet food store. Producers interested in selling at farmers’ markets without established rules on dairy products may need to contact local health departments for information on requirements.

Ben & Jerry’s, The Inside Scoop: How Two Real Guys Built a Business with a Social Conscience and a Sense of Humor

Format: Book (276 pages)

Availability: Bookstores and online book vendors

Cost: \$14.82 + s/h. New York: Crown Publishers, Inc.

Ben & Jerry’s Double Dip: Lead With Your Values and Make Money, Too

Format: Book (304 pages)

Availability: Used booksellers, online booksellers and used book dealers.

Ben and Jerry wrote this book to describe and promote “values-led business,” with the hope that other companies will follow their lead and begin to do business from the heart. Maybe it was because I had already read Chico Lager’s account of the story and knew the plot, but Double Dip seemed terribly long and redundant. The same ideas are hashed out over and over, the same dozen companies pointed to as great examples of values-led businesses, the same people offer their testimony throughout the book; it all could have been said in half the pages. The text is almost preachy in places and generally lacks the promised humor. Cute little conversations between Ben and Jerry are thrown in occasionally in bold type, but these add little or nothing to the whole. Ben and Jerry did make great ice cream. They did run a decent company before they sold it to Unilever. But maybe the Peter Principle is at work here. The book might be of interest to someone just learning about “leading with your values,” and it does contain new information on activities following Lager’s departure. But The Inside Scoop is much more fun and informative as it details the victories and pitfalls of a growing business.

Workbooks/Point of Purchase Items

Custom Activity & Coloring Books

Format: Workbook, Point of purchase items

Availability: Cost: \$varies + s/h.

Positive Publishing has been sending me postcards for several years now, advertising their activity books. If I had a business that hosted schoolchildren on tours, or an ice cream shop, I would definitely take advantage of this unique marketing tool. For 35 cents each (or less, depending on how many you order) you can purchase custom-made 16-page booklets featuring your business; these come in newsprint or on higher quality paper for about twice the price.

The sample they sent me is for Smith’s Country Cheese, Inc. The front cover features the company name as the title, the logo, what I believe might be an illustration of the cheese plant, and the words “Massachusetts’ Original Farmstead Gouda,” along with a space for the student’s name. Inside one finds an introduction to the Smith family, educational information about cows and cheesemaking – all customized to the business – plus children’s activities and recipes. Simply brilliant!

Positive Publishing also sells custom place mats and crayons, and they do foreign language editions of their materials.

Workbooks

Farming Alternatives: A Guide to Evaluating the Feasibility of New Farm-Based Enterprises

Format: Workbook (88 pages)

Availability: NRAES Cooperative Extension, Northeast Regional Agricultural Engineering Service, P. O. Box 4557, Ithaca, NY, 14852;

(607) 255-7654 (ph); NRAES@cornell.edu;
www.nraes.org Cost: \$8 + \$4.25 s/h.

This workbook, suggested as a resource at a Southern Sustainable Agriculture Working Group (SSAWG) conference, is potentially the best eight bucks a family might spend when contemplating a decision to go into a value-adding farm enterprise. Clearly oriented toward farmers, and written in a plain, easy-to-follow format, Farming Alternatives guides the family (or other entity) gently through the decision-making process. Using the Amber Family as an example, the booklet explains each step of the evaluation process and provides forms to copy and complete. Once completed, the answers given are evaluated and given a green light, yellow light or red light – red lights, of course, indicate serious problems the enterprise may encounter, and suggest that another option should be considered. The chapters are entitled: “Personal and Family Considerations,” “Identifying Alternatives,” “Marketing,” “Production,” “Profitability,” “Financial Feasibility,” and “Making a Decision.” By working carefully through each chapter, the family should be able to make an informed decision about the feasibility of the enterprise, as well as to clarify their own goals and desires. Participants in the Hometown Creamery Revival project spent two days and much money in holistic management training, which turned out to be quite valuable to some and incomprehensible to others. By seriously working through Farming Alternatives, one might accomplish the same basic results in a less abstract way, and for a lot less expense. If used in conjunction with (free) Small Business Development Center or SCORE assistance, this book could be quite a powerful tool for the potential small-scale processor.

On the NRAES Web site the book is listed under Personal Finance.

Newsletters

Cheese Market News

Format: Newsletter

Availability: Bookstores and online book vendors

Cost: \$105/yr + s/h.

This industry weekly contains interesting articles on what is happening in the cheese and dairy worlds, plus the latest commodity prices, weekly cold storage holdings, milk shipments, international dairy markets and other things big dairy producers worry about. Here you can learn all about new products (“Healthy Choice Rolls Out Garlic Lovers’ Shreds”) and cheese wars (“Wisconsin Launches Cheese Counterattack”). In the ads you can find all kinds of tidbits about new products and marketing trends, and the classifieds may be a good source for used equipment, though mostly large-scale. Cheese Market News also publishes an annual market directory and a publication called “Key Players,” a who’s who of the cheese/dairy industry. The market directory can be purchased separately and is a good resource for manufacturers of equipment and supplies. With its strong industry orientation and high subscription price, the print version of CMN really doesn’t make much sense for the average farmstead cheesemaker. It’s a publication that might be skimmed occasionally at the library or shared among several producers who want to keep abreast of changes and trends. However, the Web site has some very useful information, including current and past articles, classifieds and a calendar of cheesy events.

Slow Food

Format: Newsletter

Availability: Cost: \$60/yr + s/h.

URL: www.slowfood.com/

Via Mendicita Istruita 8
12042 Bra (Cuneo), Italy
Tel. +39 0172 419611
Slow Food USA
718-260-8000

Slow Food is an international group and yes, perhaps even a movement, dedicated to the preservation and enjoyment of “real” food. The group’s lavish quarterly

magazine is illustrated with full-color art and photographs, printed on non-glossy paper with plenty of white space. The theme of the first issue we received was “food prohibition,” wherein dairy products took a prominent place. The Slow Food folks conclude that cultural prohibitions on certain fats (butter), for example, have more to do with scare marketing tactics of competitors (margarine) than with truth or science. An article on “functional foods” highlights the rise of the nutraceutical (foods containing medicinal herbs, for example) industry in the same issue. All of this is not really essential stuff for the busy farmstead dairy, but for those interested in value-adding or direct marketing, reading a journal such as Slow can be helpful in keeping up with trends of people who truly love to eat and enjoy their food – an attractive and lucrative market for most small-scale producers. Belonging to a Slow Food Convivium (a regional group that gets together to eat) might also be an excellent way to network and showcase your products. Slow also issues a more frequent newsletter called The Snail, as well as The Food Chain, a monthly e-newsletter, with updates on activities and food issues, as well as profiles of producers. The international orientation of Slow Food will not appeal to everyone. Nevertheless, the sense is not so much that these are food snobs, but people who have an appreciation for well-grown and well-crafted food.

Perhaps the most important activity of Slow Food in relation to the small dairy movement is their huge support of artisanal Cheesemaking and traditional styles of cheese production. Slow Food sponsors a humongous cheese festival every other year in Bra, Italy, where in recent years American farmstead cheese has been well represented. In alternate years, they sponsor Terra Madre, a world meeting of food communities, which is apparently an incredible experience for those who are chosen to participate as delegates.

Slow Food’s convivia often sponsor local tasting events featuring products from local or regional farmers. Unfortunately they usually take place on Saturdays (when many farmers need to attend at least one market) and, if there is an admission fee it tends to go to support Slow Food, and those who taste out their products may even be expected to pay a substantial setup fee and all associated costs. Smaller scale producers find it difficult and expensive to participate, but larger businesses may benefit from exposure of their products to potential new wholesale accounts with foodie-oriented shops.

Finally I should mention that Slow Food was very helpful in making the necessary connections so that we could bring an Italian cheesemaker to the U.S. for a workshop, along with a translator to make it work!

Cheese Reporter

Format: Newsletter

Availability: Cost: \$110/yr

The Cheese Reporter is similar to Cheese Market News in that it provides weekly updates on matters of interest to large-scale cheese manufacturers; there are price, production and legislative overviews are covered in each issue. The Cheese Reporter seems less concerned with reporting new products and market trends. As can be seen throughout this resource book, The Cheese Reporter is a major source for many reference books and other materials related to the dairy industry. See the Web site reference, www.cheesereporter.com

Web Sites

Cheese Market News (Web)

Format: Web site

Availability:

URL: www.cheesemarketnews.com

This industry weekly contains interesting articles on what is happening in the cheese and dairy worlds, plus the latest commodity prices, weekly cold storage holdings, milk shipments, international dairy markets and other things big dairy producers worry about. Here you can learn all about new products (“Healthy Choice Rolls Out Garlic Lovers’ Shreds”) and cheese wars (“Wisconsin Launches Cheese Counterattack”). In the ads you can find all kinds of tidbits about new products and marketing trends, and the classifieds may be a good source for used

equipment, though mostly large-scale. Cheese Market News also publishes an annual market directory and a publication called “Key Players,” a who’s who of the cheese/dairy industry. The market directory can be purchased separately and is a good resource for manufacturers of equipment and supplies. With its strong industry orientation and high subscription price, the print version of CMN really doesn’t make much sense for the average farmstead cheesemaker. It’s a publication that might be skimmed occasionally at the library or shared among several producers who want to keep abreast of changes and trends. However, the Web site has some very useful information, including current and past articles, classifieds and a calendar of cheesy events.

Newspapers

Milkweed: Dairy’s Best Marketing Info and Insight

Format: Newspaper

Availability: Cost: \$60/yr + s/h

The Milkweed, P.O. Box 10, Brooklyn, WI 53521; (608) 455-2400.

URL: www.themilkweed.com

If you are interested in the dairy commodity markets, plenty of publications will help you keep up with what’s happening. The Milkweed is one of them, but it is different! Highly political, this publication probably will not be of much interest to farmstead processors unless part of their milk goes to co-ops. However, some articles may be interesting to folks who follow the mergers and concentration of the dairy industry, as well as the way dairy is subject to the winds of politics. Many of the other dairy market periodicals are entrenched in the system, whereas Hardin openly offers his opinions, proudly establishing himself as a weed in the pasture. The Milkweed is now available in an online version, at the same price. www.themilkweed.com

Northeast Organic Dairy Producers Alliance (NODPA)

Format: Newsletter

Availability: Cost: \$35/yr

URL: www.organicmilk.org

30 Keets Road
Deerfield, MA 01342

NODPA produces an invaluable print newsletter, NODPA News, every other month that is chock full of industry news, production advice, classifieds, engaging commentary, farmer stories, event notices, research updates, pay price information ... and much more.

Dairy Farming

*Specifics on the hows and whys of dairy farming.
This section reviews the printed materials dairy
farmers have been learning from for the last
100 years all the way through today.*

Books

The Cow Economy

Format: Book (166 pages)

Availability: Used booksellers, online booksellers and used book dealers
Dixfield, ME: Coburn Farm Press

See *Keeping a Family Cow*.

Organic Dairy Farming: A Resource for Farmers

Format: Book (192 pages)

Availability: Bookstores and online book vendors (cost: \$14.95 + \$4.00 s/h) or by contacting:
Orangutan Press, Community Conservation, 50542 One Quiet Lane, Gays Mills, WI 54631; 608-735-4717, www.communityconservation.org Cost: \$10 + s/h.
Vicki Dunaway, CreamLine Bookshelf, P.O. Box 1616, Honoka'a, HI, 96727; (877) 881-4073 (ph); info@smalldairy.com; www.smalldairy.com
Cost: \$17.50 + s/h.

What a great book! Conceived in 2003 as a successor to a 1995 work of the same title by Laura Benson and Robert Zirkel, *Organic Dairy Farming* has been completely revised and updated to include the National Organic Program, which went into effect in 2002. The same publishing company was utilized, but this time it was a group project, combining the wisdom of an all-star cast of authors with expertise in the rapidly-growing sector of organic dairying, coordinated by the Midwest Organic and Sustainable Education Service (MOSES). If you've been hanging around in organic/sustainable agriculture circles for awhile, you may recognize some of the authors: Dr. Richard Holliday, Mary-Howell Martens, Jack Lazor, Jeff Mattocks, and Lisa McCrory, to name a few. Editor Jody Padgham did an outstanding job of compiling this work.

In clear language, *Organic Dairy Farming* lays out the basics for anyone considering going into the organic dairy business. True to the spirit of organic farming, the authors emphasize that converting to organic dairying is not simply a matter of buying different feed and medicines for your animals. Rather, it is a philosophy that reaches deep into the lives of the farm family, requiring a change of heart as well as a change of inputs. The farmers' testimonials included in *Organic Dairy Farming* reflect the depth of alterations they have made to become competent organic farmers. Many are reducing herd size and worrying less about production statistics and trophies; their primary concern is for quality of life – for themselves, for their animals and for their farms. Ultimately consumers benefit because they get milk from healthy animals, and the planet enjoys a measure of regeneration.

Organic Dairy Farming does not pretend to be a complete manual; throughout the book, the importance of further study, experimentation, joining grazing groups and attending conferences is emphasized. Dairy processing is covered in the marketing chapter, though very lightly. However, the content is meaty and substantial enough to give interested farmers (and wannabes) a solid basis for beginning the journey to a truly organic and sustainable dairy operation. I expect to see this book used as an organic dairying textbook at our land grant universities someday, but for now it's an excellent resource for individuals looking for information. *Organic Dairy Farming* is available from smalldairy.com and other booksellers. (Note: this is different from *Organic Dairy Production*, which is a much broader overview of the subject.)

Topics include: Dairy Nutrition, Cow and Calf Management, Organic Health Care, Stress and Handling, Farm Milk Quality, Farm Biosecurity, Animal Breeding for Organic Production, A Biological Approach to Soil Health, Organic Cropping Systems, Pasture Management, Understanding Organic Certification, and

Marketing Organic Dairy Products. The extensive appendices cover Organic Matter Research, Vitamin And Mineral Function and Deficiency in Livestock, Alternative Dairy Breeds and Livestock Record-Keeping Forms.

Practical Sheep Dairying: The Care and Milking of the Dairy Ewe

Format: Book (320 pages)

Availability: Used booksellers, online booksellers and used book dealers.
\$137.03 used. New York: Harper Collins Publishing Ltd.

Keeping One Cow: Being the Experience of a Number of Practical Writers, in a Clear and Condensed Form, Upon the Management of a Single Milch Cow

Format: Book

Availability: Used booksellers, online booksellers and used book dealers
Cost: \$26.95. New York: Orange Judd Co.

An extraordinary glimpse into the past, *Keeping One Cow* contains much that remains relevant to the homestead with just one cow or a few. In the early 1900s, "soiling" was apparently much in vogue, as it was practiced by most of the contributors to this little book. "Soiling" involves planting crops for use by an animal but, rather than allowing the animal to forage for herself, her feed is cut or dug and brought to her daily. This prevents trampling and contamination of the feed. It is labor-intensive, but where pastured is limited (and no electricity is available), soiling allows for better use of the available land. In countries where land is at a premium, this method is still practiced. The book is filled with anecdotal information on such topics as treating and preventing mastitis, advice on buildings and feeds, economics of keeping a cow, and throughout, emphasis on cleanliness and humane treatment of the family cow.

This book is occasionally available from used book vendors, but be prepared to pay at least \$75.

Practical Sheep Dairying: The Care and Milking of the Dairy Ewe

Format: Book (224 pages)

Availability: Used booksellers, online booksellers and used book dealers

As far as I can tell, this remains the only book on sheep dairying available, and it is becoming rare. There is a sheep dairying CD available from the University of Wisconsin (see listing for *Principles of Sheep Dairying in North America*), and proceedings of sheep dairying conferences, but no other "how-to" book that I know of.

Mills' style is very British, and there are a lot of (to me) unfamiliar words. One of the most confusing is the name of her favorite dairy sheep – East Frieslands. Many Americans call them Friesians, and I had to ask to be sure they were one and the same. (They are). My favorite is the quaint word she uses for mating – "tupping." Sounds a bit like having afternoon tea, doesn't it? In the early chapters Mills assumes much of the reader, and in some ways this is not a book for beginners; there is only a tiny, 16-word glossary, for example, to explain what certain terms mean. However, the chapters on milking sheep are quite thorough and detailed, and the illustrations are informative. Mills is a proponent of rotational grazing, and her advice comes from good, down-to-earth experience with milking sheep.

For a long time not even used copies were available, but occasionally now one can

find a copy or a few on bookfinder.com. They start at around \$50 and are usually being offered by UK book sellers, so add another fifteen bucks for shipping.

Keeping a Family Cow

Format: Book (282 pages)

Availability: Dixfield ME: Coburn Press; Cost: \$23 + s/h.

Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616,
Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax);
books@smalldairy.com; www.smalldairy.com Cost: \$22.95 +
s/h. Dixfield ME: Coburn Press.

URL: www.real-food.com

“‘A young fellow wantin’ a start in life just needs three things: a piece of land, a cow and a wife. And he don’t strictly need that last.’ That’s an old saying that used to annoy me once. Now that I’m an old lady with a cow but no spouse I am prepared to concede at least the validity of the underlying premise.”

This quote from the first chapter of *Keeping a Family Cow* just about sums it up. *Keeping a Family Cow* is the new incarnation of the wonderful 1975 back-to-the-lander’s manual, *The Cow Economy*, by Merrill and Joann Grohman. Adorned with graceful, dreamy charcoal sketches by Joann, *The Cow Economy* is a treasure worth searching out. But if you can’t find it, you can still benefit from an extra 25 years of Grohman’s experience, detailed in *Keeping a Family Cow*, which has been published and republished numerous times since 1981.

The main premise of *The Cow Economy*, as well as of *Keeping a Family Cow*, is that the dairy cow is a generator of wealth – so long as you possess the character to care for the animal for the duration. Peoples of less developed countries are acutely aware of the value and status that owning productive animals confers; Heifer International fights poverty by giving animals to individuals or families, whose only obligation is to pass on one (or some) of the progeny to another needy person. In many cultures where Heifer works, the ritual of “passing-on” the young animals is an important event in the life of a village. Though less dramatically, adding a family cow (or other milk animal) brings major changes to the homesteader’s life. Routine, responsibility and abundance characterize the family’s new life.

While *The Cow Economy* contained much helpful information, *Keeping a Family Cow* is far more detailed and specific. New types of fencing and pasture management are covered, as are defenses against anti-cow animal rights arguments. Grohman has expanded her coverage of common ailments, and she has increased and reorganized the chapters on feeding and care. The new book also contains more recipes for making cheese and other dairy products. My only complaint about *Keeping a Family Cow* is its tight binding – it will not lie open flat. In summing up, Grohman says, “I can not discuss the cost and work of keeping a cow without also considering the true long term investment in the health and appearance of my family. The cost of my labor cannot be counted in this domestic economy. Nothing else I might have done with my time could have matched these rewards.”

Milk Cheese and Butter: A Practical Handbook on Their Properties and the Processes of Their Production

Format: Book (362 pages)

Availability: Used booksellers, online booksellers and used book dealers
Cost: \$34.95. London: Crosby Lockwood and Son.

Milk, Cheese and Butter is an absolutely fascinating text from the turn of the 20th century. In its 362 pages of fine (8-9 point) print, the author assumes the task even of giving his readers an overview of the natural science knowledge of the day, beginning with “Elements and Compounds,” then working through “Attraction”

(gravity), “Rocks and Soils,” “Plant Life,” and “Carbon Compounds,” ultimately to “Fermentation,” the primary process of cheesemaking. Thus one sees in Milk, Cheese and Butter the scientific groundwork, which most of us take for granted, that must be laid for a thorough understanding of the cheesemaking process.

Professor Oliver then continues to the point where most manuals on dairy products begin – on the production of milk. Interestingly, when describing cow breeds, Friesians and Holsteins are not mentioned at all. Shorthorns and Ayrshires, he says, are the cheese breeds; the Channel Islands breeds, Devons and Kerry-Dexters give richer milk suitable for butter making. Goats and sheep are not even listed in the index.

Following a chapter on “The Principles of Cheesemaking,” we are treated to remarkably detailed description, with numerous illustrations, of “The Cheddar Dairy” and “The Cheddar System in Practice.” Someone looking for inventive ways to accomplish cheesemaking tasks may be intrigued by the tools and methods illustrated in this book. While today we are required to use stainless steel instead of wood, some of the book’s solutions might be reproducible in a modern form.

Milk, Cheese and Butter also covers the Cheshire, Derbyshire and Stilton systems before proceeding to cream separation and butter making. The butter chapter is relatively brief compared to other butter books, but does contain interesting illustrations of equipment and general instructions on making butter. As is common with other dairy books of its time, inside the cover one finds numerous ads for equipment, cultures and rennet, and books. This book is quite rare and commands a high price from online booksellers. Seek it out in Midwestern used book shops, where it may be gathering dust.

Pasture Perfect: The Far-Reaching Benefits of Choosing Meat, Eggs and Dairy Products from Grass-Fed Animals

Format: Book (160 pages)

Availability: Bookstores and online book vendors (cost: \$13.45 + s/h) or by contacting:

Vashon, WA: Vashon Island Press, (866) 453-8489 or
www.eatwild.com; Cost: \$13.45 + s/h.

Jo Robinson’s new book, *Pasture Perfect*, is an update and revision of her popular book, *Why Grassfed is Best*. Jo is a tireless and powerful promoter of grassfed meats, milk and eggs; her niche in the movement has been to serve as a bridge between producers and consumers. Like the previous book, *Pasture Perfect* is intended mainly as an easy-to-read introduction to the benefits of pasture-produced products. The cover says it all:

- Good for the Animals
- Good for the Farmers
- Good for the Planet
- Good for You!

The first few chapters serve to state the problem and to contrast the alternatives. Her graphic description of a factory chicken house is enough to make anyone gag on grocery store chicken. In a chapter titled, “Down on the Farm,” Jo relates the story of her visit to a North Carolina poultry house, where she could barely breathe because of the concentration of ammonia – and then finds chicken from the corporate packer of that farm’s chicken, labeled at the grocery store as “Fresh, All Natural and Locally Grown.” (The farm’s owner said she doesn’t eat her own chickens because the company that contracts with them provides the feed and will not tell the growers what is in it, but she knows it contains arsenic and antibiotics, among other delights.) Jo’s description of her visit to a grass farm, on the other hand, evokes a pleasant, pastoral scene that is probably a lot closer to what most consumers imagine a farm should be.

Chapter 4, “Exploring the Feed/Food Connection,” lists some of the feeds that industry animals receive – including bubble gum and poultry manure – and what happens to the nutritional value of the resulting products by the end of the food chain, at which point we humans consume them.

Robinson then devotes a chapter each to grassfed beef, milk, poultry and (combined) bison, lamb and pork, highlighting nutritional, environmental and other benefits she has documented in her research over the years. She particularly focuses on the increased content of vitamins, minerals and fatty acids found in pastured animals. As co-author of The Omega Diet, Jo especially advocates pasturing because of the better balance of Omega-3 and Omega-6 fatty acids in pasture-based animal products – and shows that you can get your Omega-3s right on the farm -- from something other than fish oil capsules and flax seed -- a notion that still hasn't made it far into the mainstream press.

Approximately half of the book is devoted to cooking with pasture-produced products. Jo outlines general cooking techniques and then offers lots of recipes collected from grass farms around the country. Why Grassfed is Best included a list of about 50 grass farmers who sell directly to consumers. Because in the intervening years the number of producers blossomed to about 500 and growing (800 as of this writing!), this go-round Robinson chose instead to list the farm contacts on her informative Web site, www.eatwild.com.

Pasture Perfect is a useful and informative little book for anyone interested in the benefits of pasture production. It is available from Jo's Web site, and would be an excellent book to offer in a farm store that features grass-based products. Books are available in a 5-pack or 10-pack on the EatWild site.

Handbooks/Workbooks/Manuals

Raising Goats for Milk and Meat: A Heifer Project International Training Course

Format: Handbook, Workbook, Manual (140+ pages)

Availability: Hoegger Supply Company, Fayetteville, GA, 30215; (770) 461-6926 (ph); (770) 461-7334 (fax); www.thegoatstore.com Cost: \$18 + s/h.

I have nothing but admiration for Heifer Project International (now Heifer International), a charitable organization that helps to fight poverty by giving poor people the means of production, in the form of productive animals, bees or even tree seedlings. Donors choose gifts from "The Most Important Gift Catalog in the World," ranging from a \$20 gift of chicks to a \$5000 gift of an "ark," containing an assortment of animal pairs. Heifer International transports the gifts to the recipients, and trains the new owners in their care. Most of the fieldwork is done by individuals belonging to the community, and the only requirement is that the recipients pass along one or some of the offspring to someone else.

Rosalee Sinn had been involved with HI for thirty years prior to writing this manual in concert with a veterinarian who wrote the chapter on health care. The manual was "written for training courses in Cameroon and has been revised and edited for more universal use." It was field tested in Cameroon and used successfully elsewhere, used by other organizations and translated into Spanish and Chinese. Because this book is designed for other countries, unusual breeds are featured in the manual, along with the more common European and U.S. breeds. The illustrations are simple and clear, often with extra illustrations for copying and practicing. The manual's coverage of the subject is extensive. Chapters include: Introduction to Dairy Goats; Housing, Feeders and Containment; Feeding; Breeding and Crossbreeding; Kidding; Care of the Milking Doe – Milk Products; Health Care for Your Goats; Record Keeping; Selecting and Slaughtering Goats for Meat. The health care chapter includes many pages of charts to help with diagnosis and treatment of ailments. There are multiple copies of tear-out record sheets in the appendix.

This appears to be a useful manual for anyone starting out with goats, and might be particularly welcome for a group of 4-H or other students learning about goat care.

Newsletters

Home Dairy News

Format: Newsletter (16 pages)

Availability: Vicki Dunaway, Small Dairy Bookshelf, P.O. Box 1616, Honokaa, HI 96727; (877) 881-4073 (ph); (877) 881-4073 (fax); books@smalldairy.com; www.smalldairy.com

Cost: \$25/year + s/h.

After CreamLine was established, I received many requests for a less technical publication for homesteaders and kitchen cheesemakers. Thus Home Dairy News was born. This newsletter is more how-to and recipe-oriented than CreamLine, and features many guest articles by individuals who are processing at the home scale. There are occasional articles on animal care, as well as book reviews in many issues. Most back issues are available, and a sample issue can be found at www.smalldairy.com.

Small Ruminant Dairy Newsletter

Format: Newsletter (6-8 pages)

Availability: Cost: free print copy to Vermont farmers + s/h. Free online copies.

URL: www.uvm.edu/sustainableagriculture/srdpnewsletter.html

The Small Ruminant Dairy Project was established at the University of Vermont to help promote sheep and goat products in Vermont by assisting farmers who are interested in producing them. The project's stated goal is to offer "reliable technical assistance in production, processing, and marketing." Their newsletter features a wide variety of articles on animal husbandry, business management and case studies. There is also an excellent calendar of events (which I use routinely to update smalldairy.com on happenings in the northeast), as well as numerous classified ads that link the region's small ruminant community.

Non-Vermonters and those who prefer paperless communication can access the newsletter online at the project's Web site: <http://www.uvm.edu/sustainableagriculture/srdpnewsletter.html>

Web Sites

Northeast Regional Agricultural Engineering Service (NRAES)

Format: Web site

URL: www.nraes.org

Source of a number of titles of interest to dairy farmers. Publications relate more to the animal and crop side of the business, rather than value-adding, but there are also some business management publications.

Newspapers

Stockman Grass Farmer

Format: Newspaper

Availability: Cost: \$32/yr + s/h.

Stockman Grass Farmer has been the prime promoter of grass farming since 1947. Since the early 1990s, the publication's popularity has mushroomed as farmers looking for alternatives have begun to connect with each other through meetings and the internet. Previously mostly for beef ranchers and pastured poultry producers, since around 2000 SGF has gotten enthusiastic about grass-based dairying and on-farm processing.

Editor Allan Nation likes to feature successful operations, and I've been told by

more than one farmer that some of the hype in the magazine is unrealistic because the articles filter out potential negatives, especially when it comes to the massive investment involved in on-farm processing. Nevertheless, Stockman Grass Farmer provides a terrific service by letting farmers know there are options other than the high-cost, high-input, high-production models touted by chemical and pharmaceutical salesmen (and the extension agents who remain under their spell).

SGF also sponsors popular workshops and conferences that turn ordinary farmers into intensive management professionals. One can see a calendar of events and order a sample issue online at <http://www.stockmangrassfarmer.net>.

Magazines

Graze

Format: Magazine

Availability: Cost: \$30/yr + s/h.

In 2000 Joel McNair took over a publication called Pasture Talk, which was a smaller, more intimate grazing magazine than the popular grazing magazine, Stockman Grass Farmer. At the time, SGF had very little focus on dairy grazing, and Pasture Talk filled in the gap. McNair renamed the publication Graze and chose to print it on high-quality newsprint (Pasture Talk was printed in booklet form, more as a newsletter). Since Graze is still based in the Midwest, the emphasis remains on dairy grazing and is a highly valuable publication for those interested in grass-based dairy farming. In the past few years, McNair begun to do more feature articles about on-farm processing, as it relates to grass farming. These articles are not about hype, and the articles and interviews are clear-eyed about the realities of what it takes to add another business to a dairy farm.

Sample articles from Graze are available on-line at <http://www.grazeonline.com>.

Dairy Goat Journal

Format: Magazine

Availability: Cost: \$21/yr + s/h.

This is an old (1916!), mature publication, with much obvious interest and support among dairy goat owners and breeders. In oversize newspaper format, Dairy Goat Journal features farms, products, dairy processing, breeds and recipes, with much information useful to amateurs and professionals alike. There is heavy emphasis on showing goats. It's a good source of locating suppliers, books and other information on dairy goats.

Small Ruminant Dairy Project

URL: www.uvm.edu/sustainableagriculture/?Page=smallrumi.html

The Small Ruminant Dairy Project is a hive of activity under the auspices of the University of Vermont's Center for Sustainable Agriculture. In addition to publishing an excellent newsletter (The Small Ruminant Dairy Newsletter), the Project sponsors frequent workshops and publishes the New England Dairy/Meat Goat and Dairy Sheep Directory.

Milk

Books

Milk-Based Soaps: Making Natural, Skin-Nourishing Soap

Format: Book (108 pages)

Availability: Bookstores and online book vendors (cost: \$10.75 + s/h) or by contacting:

Hoegger Supply Company, Fayetteville, GA, 30215;
(770) 461-6926 (ph); (770) 461-7334 (fax);
www.thegoatstore.com Cost: \$12.95 + s/h.

Though it is on the edge of what I do as a dairy processing advocate, people frequently ask about making milk soaps, especially goat milk soap. A lot of homesteaders try the craft and end up making soap for family and friends, some eventually moving into the crafts circuit. It never ceases to amaze me that people can get four bucks for a small bar of soap and that the market is sustained, considering it takes me 3-5 months to use up a bar of my favorite Indian sandalwood soap, which costs about 75 cents. In contrast I can easily go through half a pound of cheese in a week. There were usually at least three vendors selling soap at our farmers' market. Where does all that soap go?

The basic soap recipe is somewhat shocking: making 32 four-ounce bars of soap requires all of three pounds (about six cups) of milk, so it's not exactly what I would call a dairy product. Worse, the recipe calls for three pounds of (ewww!) vegetable shortening, 37 ounces of various cooking oils, 12 ounces of lye, borax, white sugar and glycerine. Yikes! This is a "natural, skin-nourishing" product? The label always touts the milk base, but I guess if you called it Crisco-based soap it wouldn't sell too well. Most of the variant recipes in the book are basically the same, except with additions like oatmeal and essential oils. Recipes for other "milk-based" cosmetic products use only tablespoons of milk.

Still, there must be something to it. The folks I one bought goat milk from now have a thriving goat milk cosmetic business. Soapmaking is a lot less expensive than going into cheesemaking, and the product isn't so perishable. Whatever works for you.

Goat Milk Magic: One of Life's Greatest Healing Foods

Format: Book (107 pages)

Availability: Hoegger Supply Company, Fayetteville, GA, 30215;
(770) 461-6926 (ph); (770) 461-7334 (fax);
www.thegoatstore.com Cost: \$13.95 + s/h.

In the interest of full disclosure, I must admit that I'm always annoyed by claims by goat lovers that goats' milk is far superior to cow milk. Since that's the major premise of this book, it starts out with one strike against it. It is patently unfair to compare goat milk, which is almost always obtained fresh and whole, to the milk-like substance that has been through many levels of industrial machinery, transportation and storage, sitting in a wax carton on a grocery store shelf. Sally Fallon's work (in her book *Nourishing Traditions* and the work of the Weston A. Price Foundation) has largely dispelled the "goat milk is healthier" myth, and many people who once claimed allergies to cow milk have found that they are NOT allergic to fresh cow milk.

Furthermore, I'm suspicious of books that claim that whatever they are selling will cure every disease. (Note that this book is labeled as "Dr. Jensen's Health Handbook #6," which might give one the misleading idea that he is an M.D.) Jensen labels "catarrh" as the root of all evil, listing many forms of "catarrh" found throughout the human body. Not surprisingly, the conditions all end in "-itis" in

scientific language, meaning they are inflammations of various organs. "Catarrh," he says, is the body's reaction to inflammation. Okay, I'll accept that. And his claim that goat milk will cure (at least some of) these illnesses is based on good science. Fresh milk is very nutritious, containing most everything humans need to live. However, the assertion that God made goat milk perfect (despite Jensen's own admission that it is deficient in folic acid, vitamin E and iron) but decided to make cow milk unhealthy is a bit much. So, while there is some good information in this book, its usefulness is marred by his agenda, a dearth of supporting references and a lot of anecdotal "proof" of Jensen's claims.

Best of Ruminations: Goat Milk and Cheese Recipes

Format: Book (48 pages)

Availability: Available from Editor: Cheryl K. Smith; Cost: \$5 + s/h.

The introduction says this booklet is "a compilation of recipes that have been published in *Ruminations Magazine* in 2001-2002, along with a number of additional recipes." The author admits it is "a starting point" with only basic recipes for using goat milk to make soap, koumiss, yogurt, butter and a few fresh cheeses. The second half contains recipes using the dairy products made in the first half, including pet treats. Other cheesemaking and recipe books contain far more information and variety.

Tips

Tips

Interlibrary Loan

Interlibrary loan (ILL) is a lesser-known service offered by even the smallest libraries. ILL enables library patrons to borrow books and tapes, as well as to obtain photocopies, of materials not owned by the local library. Libraries have access to large databases that show them where books are located and whether they are available for loan. Usually libraries charge a fee to cover some of the costs of mailing the books, but it is generally only about \$1-\$5. To request an interlibrary loan, simply ask at your library's circulation desk. You will likely be given a form to complete requesting information about the material you wish to borrow. The more information you have, the greater the likelihood that the book or tape can be located and sent to your library. Note that fines for overdue interlibrary loans can be stiff, so be sure you have time to take advantage of the loaner when it arrives!

Finding New Books

On-line booksellers can be an excellent source of new books, particularly those that are not popular with the general public. Generally a credit card is required and in some cases is the only method allowed for payment. Amazon.com is probably the most popular bookseller, but in recent years a plethora of new options has made finding new but obscure books much easier. In some cases, books are now available directly from the publisher, though the publisher rarely offers a discount from the suggested retail price. Most cheesemaking supply companies offer pertinent new books, and small dairy.com carries a selection of dairy-related books as well.

Finding Out-of-Print Books

Although in some ways computers have made life more complicated and stressful, they have also given us access to goods and information not dreamed of by our predecessors -- even 20 years ago. One of the joys of the Internet is that it enables us to locate many out-of-print books quite easily. No longer must we haunt used bookstores in the faint hope that we come across that old classic; nor must we pay a fee to have a dealer or a book finder search through clumsy and incomplete booklists. Many used and rare book dealers, as well as individuals, have placed their collections on-line, and several central search engines allow us easy access to millions of books. In some cases you can list items you are searching for and will be notified if they come available. Some of the best resources for finding used books include:

www.bookfinder.com
www.amazon.com
www.choosebooks.com

I've also found a number of used books on e-bay: www.ebay.com.

E-Mail Discussion Groups

URL: <http://groups.yahoo.com>

If you have access to e-mail, consider joining an e-mail discussion group on your favorite subject. When you subscribe you are linked to others with similar interests...and you can learn a lot! For example, if you are having a problem with a dairy animal that you don't know how to treat, you can send a question out to the group. Usually within hours someone answers most any question, and often a lively discussion will ensue. Some lists are better than others. In some cases a few subscribers may dominate a list, or tend to go off topic. Sometimes exuberant folks who have a lot of time to hang out on the computer feel that they must answer everyone else's responses. The best groups have patient but firm moderators who will ease the discussion back into line. There are a few groups associated with

particular Web sites, but a large number of groups can be found at YahooGroups!: <http://groups.yahoo.com>. Go to the Web site and search by the topic you are interested in. There are also links to dairy processing groups at www.smalldairy.com.

Accessing Old Extension Publications

Hidden away in the dusty archives of land-grant universities and the National Agricultural Library (NAL) rests a trove of knowledge about dairying that is seldom tapped in these days of the information superhighway. In their early days research and extension were close to the farm -- and most farms were small -- so much of the information collected and printed then has practical value to small-scale farmers today. Whether you are looking for the best types of forages for milk production, how to perform veterinary examinations, what causes bitterness in cheese, or how to set up a small creamery, these publications yield their often-overlooked treasures only to those with a map for finding them.

One of the best sources of old Extension publications is the Agricultural Index, later known as the Biological and Agriculture Index. According to a librarian friend, from 1916 until around 1965 this index included a large number of Extension works, until they became so numerous that the index was overwhelmed. The Bibliography of Agriculture, published by the National Agricultural Library, is another source. Dairy Science Abstracts, published by the Commonwealth Bureau of Dairy Science and Technology, cover both domestic and international resources. By doing subject searches in any of these abstracts, you can come up with a list of materials to look for, and then search the shelves for particular journals and government publications, or obtain them through interlibrary loan.

You can also search on-line for publications dating back to the 1970s. AGRICOLA, the electronic form of the Bibliography of Agriculture, is available for searching at the National Agricultural Library Web site at www.nal.usda.gov. Although AGRICOLA has only been available since 1970, many of the records for pre-1970 Extension and USDA publications have been added to the database. AGRICOLA has a cool feature in which you can save/capture the citations you want and e-mail them to yourself.

Staff at NAL's Alternative Farming Systems Information Center will do free searching on specific topics as requested. Contact them at Alternative Farming Systems Information Center, 10301 Baltimore Ave., Room 304, Beltsville, MD 20705; (301) 504-6559; www.nal.usda.gov/afsic/.

Whatever your search method, probably your best resource is the agriculture librarian, who specializes in knowing where these materials can be found. In these times when urban and technical interests rule, we need to see that these human repositories of boundless information are employed and appreciated!

The Thomas Register

The Thomas Register is a tremendous resource for anyone who requires materials, ingredients or equipment for a business. Nearly every library has a set of the Register. The library version consists of many volumes, listing manufacturers of all kinds of goods with information about the companies. Many companies offer representative catalogs of their products in another volume. It is possible to search by the item you are looking for (containers, pasteurizers, etc.) or by the company name. Food industry professionals can obtain a free copy of the Thomas Food Industry Register Buying Guide on CD-ROM or in print. The Buying Guide lists thousands of food and ingredient processors, and equipment and supply manufacturers. To obtain a copy call (800) 305-8347. You will be asked to fill out a form and it may be a long time before your copy arrives. The Thomas Register is also accessible on-line at www.thomasnetr.com.

Of note, many of the manufacturers listed in these publications supply only very large quantities (truckloads) of their products to wholesalers. Most do not respond readily to e-mail inquiries. However, most will give you contact information for their distributors in your area if you call them.

Finding information on state requirements for dairy processing

“Where do I find out about state regulations?” This is one of the most common questions posed on e-mail discussion groups, often asked by cheesemakers who are considering “going legal.” Each state has its own set of requirements, some more or less stringent, but most base their regulations on the Pasteurized Milk Ordinance (PMO). The best way to find out about your state’s regulations is to go to the source. Your state department of agriculture (which may be called something different) will likely have a branch that deals with processing of milk and dairy foods. The folks who work there will be able to supply you with copies of all the regulations you could ever want, including the PMO. Without exception, the owner of every successful processing plant I’ve visited says to discuss your plans with the inspectors before you start building or renovating for a new plant. This will help you plan your operation and possibly save you from making costly errors.

A list of state departments of agriculture can be found at:
www.accesskansas.org/kda/stateags.html.

The Cooperative Extension Service

At the time of publication of the first edition of the Small Dairy Resource Book, the Cooperative Extension Service had very little information on small-scale dairying. They were a good resource for information animal care, feeds, grazing, and starting a dairy but at the time they had few resources on small-scale dairy processing, and often it was tough to find agents who knew anything about small ruminants.

This situation has changed drastically over the past decade. Some land-grant universities and Extension services have discovered the tiny vein of gold allocated for sustainable agriculture research, and they’ve certainly been mining it. In many instances this has been a good thing, especially in cases where producers have been given resources to do their own research in concert with Extension. Some universities have gotten extremely active in the small dairy movement, offering short courses, publishing case studies, undertaking research on specific problems and doing cost-benefit analyses. The state of Vermont has been particularly active with its Small Dairy Ruminant Project and Vermont Institute for Artisan Cheese. Wisconsin has expanded its offerings to include courses directed specifically toward the farmstead scale, and their Master Cheesemaker program has been modified to accommodate the smaller scale. North Carolina State University equipped a small plant for offering cheesemaking courses (unfortunately these seem to only happen once a year) and they are offering a pasteurizer lending program. Unfortunately, some of the programs are limited to residents of the state (though Vermont is very open to everyone -- you know how easy those Northeast liberals are).

Probably the greatest strength of Cooperative Extension is that its agents work daily with farmers in your region, and you can benefit from those farmers’ experiences, even if it is only to find out what NOT to do! Extension also sponsors workshops, seminars, conferences, pasture walks and other ways for farmers to meet and exchange ideas, usually at very low cost. Additionally, many Extension services post lots of useful publications on their Web sites, to be downloaded at no cost.

Rare Dairy Breeds

Small-scale dairies have the option of using unusual breeds in their operations to produce milk with different qualities, which may in turn result in unique products or attract customers who are looking for the unusual. For example, Holstein cattle produce larger quantities of milk and are thus considered more desirable by large dairies that sell milk by volume. The milk is usually mixed with other farms’ milk, anyway. However, on-farm processors may prefer animals that produce milk with a higher butterfat or protein content, yellow color or other qualities that will produce a distinctive product. In addition to the milk’s qualities, dairy owners may seek animals that exhibit a docile temperament, hardiness, ability to produce good quantity and quality of milk on pasture and other features. On a wider scale, increasing the number of herds of rare animals is important to the preservation of

the genetic base of these species. See the entry for The American Livestock Breeds Conservancy, which is the premier source of information on rare breeds in the United States.

Natural Resources Conservation Service

URL: www.nrcs.usda.gov

This service of the federal government can provide assistance in locating information on pasture and nutrient management, with the aim of keeping livestock and their manures out of creeks and other bodies of water. In many cases, the NRCS has a cost-sharing funds for farmers interested in improving pastures through management intensive grazing and installing water sources on their farms. To demonstrate these improvements, many NRCS agents are active in setting up pasture walks and seminars for local farmers. Check the Blue Pages (government listings) in your phone book for local offices. The NRCS, by the way, is the most recent incarnation of the Soil Conservation Service, the legacy of which includes a massive database of U.S. soils. You can find more information about NRCS, the soil surveys and much more at their Web site: <http://soils.usda.gov>.

ATTRA

URL: www.attra.org

ATTRA (formerly Appropriate Technology Transfer for Rural Areas) has apparently been renamed the National Sustainable Agriculture Information Service, so the acronym doesn’t mean much any more, but everyone still calls it ATTRA (much easier to pronounce than NSAIS).

For those unfamiliar with ATTRA, it is essentially the “alternative extension service,” under the auspices of the National Center for Appropriate Technology (NCAT), funded with a grant from the United States Department of Agriculture’s Rural Business-Cooperative Service. Their funding is frequently attacked, usually by Republicans trying to save money on government services. Fortunately it has been restored each time (to date). Generally focused on small-scale, low-tech, low-input farming practices, ATTRA’s publications are often more useful to organic and sustainable farmers than those available in most local Extension offices, despite the very modest budget within which ATTRA operates. ATTRA specialists gather articles and information from a wide range of sources and use them to prepare their own publications, which are sent to farmers on request. Some current publications specifically of interest to dairies include:

- Dairy Farm Sustainability Checklist
- Dairy Beef
- Grass-Based and Seasonal Dairying
- The Economics of Grass-based Dairying
- Dairy Resource List: Organic and Pasture-Based
- Raising Dairy Heifers on Pasture
- Value-added Dairy Options
- Meeting the Nutritional Needs of Ruminants on Pasture
- Dairy Sheep
- Goats: Sustainable Production Overview
- Dairy Goats: Sustainable Production
- Managing Internal Parasites in Sheep and Goats
- Small Ruminant Sustainability Checklist
- Small Ruminant Resources

In addition to these, there are publications on grazing management, crops, organic farming, business management and more. Not only that, if they don’t have a publication to answer your question, and if your question falls within their purview, ATTRA will research it for you -- much the same as Extension is supposed to do! At one conference I attended, a farmer-presenter broke down in tears as he expressed his gratitude for programs such as ATTRA and SSAWG, which he said helped to save his farm.

Since the publication of the original version of the Small Dairy Resource Book, ATTRA has placed many of their publications online in PDF format so that they can be retrieved instantly, including a number of publications en espanol! Their Web site (<http://attra.ncat.org>) also has a page listing internships and

apprenticeships, and a free e-newsletter is available. Truly this is one government program that gives taxpayers their money's worth! The benefits of educating farmers in sustainable practices extend far beyond the agricultural community.

Appendix

*Suppliers, Consultants, Cooperatives,
Organizations, and Other Resources*

Book Vendors

Cheese Reporter

URL: www.cheesereporter.com

Good source of technical dairy-related books, usually at retail price or higher.

Consultants

CheezSorce

URL: www.cheezsorce.com

Consulting business of Neville McNaughton.

Farmstead Fresh Inc

URL: <http://farmsteadfresh.com/profile.htm>

Consultant Eldore Hanni trains in making farmstead cheeses.

West Highland Dairy

URL: www.westhighlanddairy.co.uk/home.cfm

Home farm of Kathy Biss.

Cooperatives

CROPP Cooperative

URL: www.farmers.coop

National farmer-owned organic milk cooperative, including Organic Valley and Organic Prairie brands.

HP Hood

URL: www.hoodhomedelivery.com

Giant milk cooperative/processor with organic division under the name of Stonyfield Farm.

Lancaster Organic Farmers Cooperative (LOFCO)

URL: www.natural-by-nature.com

Mid-Atlantic milk cooperative, producers of Natural by Nature grassfed organic milk, also with sales to Seven Stars Farm yogurt and Amish Country Farm Milk.

Upstate Niagra Cooperative

URL: <http://coop.upstatefarms.com>

URL: www.upstatefarms.com

Western New York cooperative owned by dairy farmers.

Extension Publications/Website

Dairy Cattle Resources

URL: www.ansi.okstate.edu/library/dairy/links.htm

Aggregator for dairy links, mostly pertaining to standard cow

Institute for Goat Research -- Langston University

URL: www.luresext.edu/goats/index.htm

Goat information, including abstracts for scientific articles.

Unfortunately they are listed by date rather than by topic so you have to do a lot of browsing. Well, actually, I guess that's

Specialty Cheese Market

URL: www.farmprofitability.org/cheese.htm#_Toc526067523

Overall study of the specialty cheese market and its potential

University of Vermont - Dairy Cows

URL:

www.uvm.edu/%7euvmext/agriculture/?Page=production.html&SM=submenuproduction.html

Wild & Woolly

URL: www.sheepandgoat.com/news/main.html

Sheep and goat publication of the University of Maryland, available in HTML or PDF. Not much on dairy goats but all kinds of discussion about fecal egg counts, a hot topic among

Extension Publications/Websites/Articles

E. Ann Clark publications

URL: www.plant.uoguelph.ca/research/homepages/eclark/

Dr. Clark's work on forages, organic agriculture and biotechnology is important and relevant.

Organizations

American Milking Devon Cattle Association

URL: www.milkingdevons.org

Sue Randall, Registrar

135 Old Bay Road

New Durham, NH 03855

603-859-6611

Fédération des producteurs de lait du Québec

URL: www.lait.org

555, boul. Roland-Therrien

(Bureau 415)

Longueuil (Québec) J4H 4G3

Téléphone: 450-679-0530

Bilingual site on milk production in Canada. Mostly oriented toward cows. Some of the English links take visitors to French pages. Cute graphics.

Alpines International

URL: www.alpinesinternationalclub.com

7195 Cty. Rd. 315

Silt, CO 81652

970-876-2738

American Dairy Goat Association

URL: www.adga.org
209 West Main Street
P O Box 865
Spindale, NC 28160
828-286-3801

American Dairy Science Association

URL: www.adsa.org
URL: <http://jds.fass.org/>
1111 N. Dunlap Avenue
Savoy, IL 61874
217-356-5146
Publishers of the Journal of Dairy Science

American Dexter Cattle Association

URL: www.dextercattle.org
4150 Merino Avenue
Watertown, MN 55388
952-446-1423

American Guernsey Association

URL: www.usguernsey.com/
7614 Slate Ridge Blvd
Reynoldsburg OH 43068
614-864-2409

American Jersey Cattle Association

URL: www.usjersey.com/
6486 E. Main Street
Reynoldsburg, Ohio 43068
614-861-3636

American LaMancha Club

URL: www.lamanchas.com
W1445 Old 14 Road
Hawkins, WI 54530

American Milking Shorthorn Society

URL: www.milkingshorthorn.com/index.htm
800 Pleasant Street
Beloit, WI 53511
608-365-3332

American Nigerian Dwarf Dairy Association

URL: www.andda.org
Box 84
Grandy, MN 55029
612-689-5695

American Water Buffalo Association

URL: www.americanwaterbuffalo.org
Dr. Hugh Popenoe, President
Box 13533
Gainesville, Florida 32604
352-392-2643

Association laitière de la chèvre du Québec

URL: www.purchevrequebec.com/index.php
514-381-1533
French Canadian site on goat cheese.

Ayrshire Cattle Society

URL: www.ayrshirescs.org/
17 Barns Street
Ayr, Scotland, KA7 1XB

Babcock Institute for International Dairy Research & Development

URL: <http://babcock.cals.wisc.edu/index.en.lasso>
URL: <http://babcock.cals.wisc.edu/multilingual.es.html>
Multilingual site with many resources for large and small dairies. Of special interest is the Wisconsin Dairy Artisan

British Kerry Cattle Society

URL: www.kerrycattle.org.uk/index.html
Mrs Joan Lennard
Windle Hill Farm
Sutton on the Hill
Ashbourne, Derbyshire
DE6 5JH
Telephone : 01283 732377

British Sheep Dairying Association

URL: www.sheepdairying.com/index.htm
BSDA Secretary
The Estate Office
Torry Hill
Milstead
Sittingbourne
Kent
ME9 0SP
ENGLAND

British Toggenberg Society

URL: www.britishtoggenburgs.co.uk
Debbie Vernon,
Westward,
Faversham Road,
Wychling, Kent.
ME9 0DH
Tel: 01795 886202

Brown Swiss Association

URL: www.brownswissusa.com
P.O. Box 666, 7614 Slate Ridge Blvd.
Reynoldsburg, OH 43068
614-575-4620

California Artisan Cheese Guild

URL: www.cacheeseguild.org/index.htm
P.O. Box 184
Guerneville, CA 95446

Canadian Milking Shorthorn Society

URL: www.cmss.on.ca
202-8 Speedvale Ave W
Guelph, Ontario
Canada N1H 1J4
519- 824-2119

Canadian Tarentaise Association

URL: www.tarentaise.ca
Box 1156
Shellbrook, SK S0J 2E0
800-450-4181

Dairy Sheep Association of North America (DSANA)

URL: www.dsana.org
Dr. David L. Thomas, Exec Sec
438 Animal Sciences Building
Department of Animal Sciences
University of Wisconsin-Madison
1675 Observatory Drive
Madison, WI 53706
608-263-4306

Dorset Horn and Poll Dorset Sheep Breeders' Association

URL: www.dorsetsheep.org
Dorset Horn and Poll Dorset Sheep Breeders' Association,
Agriculture House,
Acland Road,
Dorchester,
Dorset,
DT1 1EF
England
Tel. & Fax: +44 (0) 1305 262 126

Dutch Belted Cattle Association of America

URL: www.dutchbelted.com/home.html
Dutch Belted Cattle Association of America
c/o American Livestock Breeds Conservancy (ALBC)
PO Box 477
Pittsboro, NC 27312
(919) 542-5704

Golden Guernsey Goat Society

URL: www.goldenguernseygoat.org.uk/
no alternate contact information given

Icelandic Sheep Breeders of North America

URL: www.isbona.com
Barbara Webb
75 Mountain Street
Haydenville, MA 01039
413-268-3086

Kerry Cattle Society Ltd

URL: www.kerrycattle.ie/
G.R. Hilliard, Cahernane,
Killarney, Co. Kerry, Ireland.
Tel: 353-064 31840

Maine Cheese Guild

URL: www.mainecheeseguild.org
c/o State of Maine Cheese Co.
461 Commercial Street
Rockport, ME 04846
207-775-4818

National Saanen Breeders Association

URL: <http://nationalsaanenbreeders.com>
PO Box 315
Santa Margarita, CA 93453

National Toggenberg Club

URL: www.goatweb.com/discover/dairy/toggenburg.shtml
Debby O'Brian, Sec-Treas.
20020 Maxwell Road SE
Maple Valley, WA 98038
425-432-8551

New York State Farmstead and Artisan Cheese Makers Guild

URL: www.nyfarmcheese.org
9626 County Highway 21
Franklin, NY 13775
607-829-8852

North American Normande Association

URL: www.normandeassociation.com
Michael Mueller
748 Enloe Road
Rewey, Wisconsin 53580
800-573-6254

Ohio Farmstead-Artisan Cheese Guild

URL: www.ohcheeseguild.com/index.html
5168 Refugee Rd SW
Pataskala, Ohio 43062
740-927-5996

Ontario Cheese Society

URL: www.ontariocheese.org
P.O. Box 225
Grimsby
Ontario
L3M 4G3
905-945-3633

Oregon Cheese Guild

URL: http://pnwcheese.typepad.com/cheese/cheese_history/index.html
They do not have their own web site, but there is information at the link given. I can't find any other contact information for

Purebred Dexter Cattle Association of North America (PDCA)

URL: www.purebreddextercattle.org/
25979 Hwy EE
Prairie Home, MO 65068

Slow Food

URL: www.slowfood.com/
Slow Food USA
718-260-8000

Via Mendicita Istruita 8
12042 Bra (Cuneo), Italy
Tel. +39 0172 419611

Société des fromages du Québec

URL: www.societedesfromages.com
URL: www.societedesfromages.com/EN_Home.html
8585, boul. St-Laurent, suite 310
Montreal (Quebec) H2P 2M9
Telephone: 514-381-5331
Bilingual web site.

Southern Cheesemakers' Guild

URL: www.southerncheese.com
P O Box 186
Willis VA 24380

Specialist Cheesemakers Association

URL: www.specialistcheesemakers.co.uk
17 Clerkenwell Green
London EC1R 0DP
Tel: 020 7253 2114

U.S. Ayrshire Breed Association

URL: www.usayrshire.com/
1224 Alton Creek Rd, Suite B
Columbus, OH 43228
614-335-0020

Vermont Cheese Council

URL: www.vtcheese.com
2083 East Main St.
Richmond, VT 05477
866-261-8595

Washington State Cheesemakers Association

URL: www.washingtoncheesemakers.org
104 Pike Street, #200
Seattle, WA 98101
206-322-1644

Zwartbles Sheep Association

URL: www.zwartbles.org/
Debbie Dann, Secretary
3 Eastgate, Stoneleigh Park
Stoneleigh, Warwickshire CV8 2LG
Tel: 02476 696602

Organizations/Consultants

Gray-Robinson's Food Law Group

URL: www.gray-robinson.com
Group of lawyers and former regulators who offer guidance and advice regarding federal and state laws that govern the production, processing, distribution and retail sale of food and

Organizations/Book Vendors

American Livestock Breeds Conservancy

URL: www.albc-usa.org
P O Box 477
Pittsboro, NC 27312
919-542-5704

The American Livestock Breeds Conservancy is a well established group devoted to preservation of the biodiversity of farm animals, concentrating on breeds formerly used more frequently in the U.S. While they do not limit themselves to milk animals, ALBC is a tremendous resource for people interested in locating and employing rare breeds on the farm. After so many years of a monopoly of black-and-whites, it is exciting to see new dairies featuring the milk of such unusual breeds like Dexter, Guernsey, Ayrshire, Brown Swiss and Canadienne cows. Goat and sheep dairies generally seem less adventurous, probably because they have fewer choices since the borders are all but sealed, but a few are trying out some odd breeds. The ALBC offers an interesting quarterly newsletter and a very useful directory of livestock breeders. They also sell many other related publications on their web site, www.albc-usa.org.

Cream separators and butter making equipment (Milky brand).

Coburn Company

URL: www.coburnco.com

Milking equipment, dairy farm supplies, dairy processing equipment and more.

Coquard

URL: www.coquard.fr/

Excellent French equipment and culture supplier.

Dairy Engineering Company

URL: www.dairyengineering.com/

New and used dairy equipment, custom fabrication.

Dairy Fab LLC

URL: www.curdknives.com/

Manufacture and repair of curd harps/knives.

Danlac

URL: www.danlac.com/

Cultures and ingredients, supplies, equipment, recipes.

Eco-Products

URL: www.ecoproducts.com

Biodegradable, compostable and otherwise ecofriendly products, including packaging. Some local suppliers are also now carrying some of these, so check your supplier to reduce shipping costs.

FarmTek

URL: www.farmtek.com/farm/supplies/home

General farm supplies and equipment.

Feldmeier Equipment

URL: www.feldmeier.com

Large and small custom stainless steel fabrication.

Fromagex

URL: www.fromagex.com

Great Canadian supplier with many imported items. Cultures, supplies, equipment.

Gempler's

URL: www.gemplers.com/

General farm supplies and equipment, including work clothing, horticultural supplies, tools.

Suppliers

Agri-Dynamics

URL: www.agri-dynamics.com

Herbal extracts and supplements.

Alliance Pastorale

URL: www.alliancepastorale.fr

Premier French supplier for small dairies. Many items we can't get easily in U.S.

ALPMA

URL: www.alpma.de/e/e_prod.php

German-made cheese and butter equipment, carried by Ivarson

American Livestock Supply

URL: www.americanlivestock.com/

General farm supplies and equipment.

Analytical Technologies, Inc

URL: www.testmilk.com

Milk testing equipment for fat, protein, lactose and total solids. Reconditioned and leased equipment available.

Bequet

URL: <http://beguet.free.fr/lait/>

French site for dairy processing equipment and supplies.

Caprine Supply

URL: www.caprinesupply.com/

Goat care and cheesemaking supplies and books, mostly for home scale. Carries the Weck canner/pasteurizer.

Cheeselinks

URL: www.cheeselinks.com.au/

Australian supplier of cheese cultures and other items for small

Chr Hansen

URL: www.chr-hansen.com/

Cultures and lab tests.

Clair

URL: www.clair.at/eng/products_overview_main.php

Genemco

URL: www.genemco.com

Very large suppliers of food processing equipment. Beware of getting on their e-mail list; it's like Hotel California - you can check in but you can't check out!

Grainger

URL: www.grainger.com

Industrial supply catalog, wide variety of useful stuff.

Grower's Discount Labels

URL: www.growersdiscountlabels.com/

Excellent supplier of labels for small scale operations.

Hoegger Goat Supply

URL: www.hoeggergoatsupply.com

Goat care and cheesemaking supplies and books, mostly for home scale.

Hubert Company

URL: www.hubert.com/

Nationwide restaurant supplier with many useful items. A little more expensive than Superior but has a wider selection of some things, especially display products.

Jazz-Pak

URL: www.jazz-pak.com

Filler for gift boxes.

Jeffers

URL: www.jefferslivestock.com/ssc/

General farm supplies and equipment.

Kelley Supply

URL: www.kelleysupply.com/

Supplier for larger scale plants. Ingredients, safety items,

Koch Equipment

URL: www.kochequipment.com

Food processing equipment, including vacuum packaging and labeling machines.

Lacroix Packaging

URL: www.emballagelacroix.com/english/default.asp

URL: www.emballagelacroix.com/francais/default.asp

North American source of wood and cardboard food packaging. Camembert and Brie boxes.

Leener's

URL: www.leeners.com/cheesemaking.html

Suppliers of kits for making dairy products at home; cultures, supplies, books.

Lehman's

URL: www.lehmans.com/

Supplies for home scale cheesemaking and other dairy processing. General farm supplies and equipment.

Midlands Companies

URL: www.sustainablefarminsurace.com/

Suppliers of direct marketing liability insurance to sustainable farms in twelve states.

Moorlands Cheesemakers

URL: www.cheesemaking.co.uk/cgi-bin/web_store.cgi

Suppliers of home-scale cheesemaking items in U.K.

Nasco Farm and Ranch

URL: www.enasco.com/farmandranch/

General farm supplies and equipment.

Nelson-Jameson

URL: www.nelsonjameson.com

This is an old, reliable Wisconsin dairy supply company. I've found them especially helpful when it comes to valves, laboratory supplies, hairnets, gloves and the like. Keep their

Nunsuch

URL: www.nunsuch.org

New 30- and 50-gallon pasteurizers.

PBS Animal Health

URL: www.pbسانimalhealth.com

General farm supplies and equipment, especially animal care

Penzey's Spices

URL: www.penzeys.com/

Excellent source of quality spices and other ingredients.

Pipestone Sheep Supplies

URL: www.pipevet.com

Sheep and goat supplies.

Portable Milkers

URL: www.portablemilkers.com

Portable milking and home processing equipment.

Qualtech

URL: www.qualtech.ca/index-en.php

URL: www.qualtech.ca/

Makers of small-scale pasteurizers and other equipment. Some reports of difficulties with customer service and setup, as well as poor documentation.

Rag Lady, The

URL: www.raglady.com/

Source of cheesecloth in bulk and various grades.

Recorder Charts and Pens

URL: www.recorderchartsandpens.com/

Supplies for many brands of chart recorders.

Reusable Bags

URL: www.reusablebags.com

Thermal shopping bags.

Robbie Manufacturing

URL: www.robziemfg.com

Provider of Cheez-Savor Film. Call for local distributor.

Stanpac

URL: www.stanpacnet.com/index.html

The foremost supplier of glass milk bottles in the U.S. They also sell bottle washers and ice cream packaging.

Superior Products

URL: www.superprod.com

Nationwide restaurant supplier with many useful items for processing and display.

Sydell

URL: www.sydell.com/

Goat and sheep supplies, general farm equipment.

ThermalCor

URL: www.thermalcor.com/thermalcor.html

Interesting shipping containers - foil film on foam core.

U-Line

URL: www.uline.com

Excellent source of packaging items, labels, office supplies, work clothing, checks and other forms, etc.

Vinotheque Wine Cellars

URL: www.vinotheque.com

Equipment and interactive tutorial for building a home wine cellar which, incidentally, might make a good cheese cave.

Washington Homeopathic Products

URL: www.homeopathyworks.com

Homeopathic treatments and books.

Wisconsin Dairy Supply

URL: www.milkcoolers.com/page11.htm

Primarily bulk tanks, but also carry some other used equipment. Spanish-friendly (hablan español).

Suppliers/Consultants

C. van 't Riet Dairy Technology

URL: www.schuller.us

Supplies and European equipment for dairy processing.

Darlington Dairy Supply Company

URL: www.ddSCO.com/index.cfm?event=pageview&contentPieceID=1399&parentid=1399

New, used, and custom dairy equipment. Startup consultation services. Cheese on Wheels mobile processing unit.

Glengarry Cheesemaking & Dairy Supplies

URL: www.glengarrycheesemaking.on.ca

Cultures, supplies, equipment, consultation, workshops.

New England Cheesemaking Supply

URL: www.cheesemaking.com/

For years, NECS was the place to go for home cheesemaking supplies and books. They still are, but have recently expanded to offer services and equipment to small-scale commercial processors, and they have expanded their workshops to include more advanced training. Jim Wallace is available for

Rodem

URL: www.rodem.com

Processing equipment design, sales and consultation.

Websites

Ag-Innovations

URL: www.rootswork.org/three_shepherds.htm

Farmstead level, Warren VT. 802-496-4559

Big Cheese Stories

URL: <http://bigcheesestories.blogspot.com>

This is the blogspot of Murray's Cheese in New York City. There's actually some really meaty stuff here. The page that caught my eye is called "Chemistry of Ripening: The Cascade of Flavor," posted on April 4, 2007.

Books About Cheese

URL: <http://home.att.net/~newbooks/cheesebooks.html>
Good list of cheese books in English.

Bovine Bazaar

URL: www.bovinebazaar.com/breedassoc.htm
Valuable site for learning about cattle breeds, with links to breed associations.

Butter

URL: www.foodsci.uoguelph.ca/dairyedu/butter.html
The butter page of University of Guelph's dairy technology

buysellcows.com

URL: www.buysellcows.com
Appears to be a classified ad space for farm animals and equipment. They do have sheep listed but no goat section.

Cal Poly Dairy Products Technology Center

URL: www.calpoly.edu/~dptc/short.html
California Polytechnic, San Luis Obispo. 805-305-5056

Canadian Farm Animal Genetic Resources Foundation (CFAGRF)

URL: www.cfagrf.com
URL: www.cfagrf.com/Canadienne_Cow.htm
Source of information on Canadienne cow, as well as Canadian animal breeder contacts. Site in English and French.

Cheddarvision

URL: <http://cheddarvision.tv/>
British humour at its best. Watch a cheddar age at West Country Farmhouse Cheese. Time-lapse available.

Cheese

URL: www.foodsci.uoguelph.ca/dairyedu/cheese.html
The cheese page of University of Guelph's dairy technology

cheese 4U.com

URL: www.cheese-4u.com
Aggregator web site with many links to cheese sites and recipes.

Cheese by Hand

URL: www.cheesebyhand.com/
Interesting site that is the result of the travels of Sasha Davies and Michael Claypool, who visited forty artisan cheesemakers around the United States and wrote about them. There are even a couple in Alaska! (For some odd reason they didn't

include Hawaiian cheesemakers!) The descriptions are reminiscent of the work of Patrick Rance in Europe, who visited many small operations to write his most treasured books, French Cheeses and The Great British Cheese Book! Cheese by Hand has the added benefit of color photographs and a place for

Cheese Impresario

URL: www.thecheeseimpresario.com
Site of Barrie Lynn, cheese columnist for The Beverly Hills Times. Cheese of the month and cheese events.

Cheese Reporter

URL: www.cheesereporter.com
Web site contains online newsletter and access to many dairy

Cheese Snob

URL: www.cheesesnob.com/index.htm
This site seems to have been created as a resource for cheese shop owners. The "subtitle" for the site is "promoting good cheese and having fun doing it."

Cheese Underground

URL: <http://cheeseunderground.blogspot.com>
It had to happen: a cheese blog.

cheese.com

URL: www.cheese.com
Lots of information on many kinds of cheese. Can be searched by cheese name, texture, country of origin and milk type, plus a separate listing for "vegetarian" cheeses.

Curd Nerds

URL: www.curdnerds.com
Various cheesey things.

Dairy Science and Technology

URL: www.foodsci.uoguelph.ca/dairyedu/home.html
University of Guelph technical site for dairy processing information. This is the main page for milk processing.

Dom's Kefir In-Site

URL: <http://users.chariot.net.au/%7edna/kefirpage.html>
Everything you want to know about kefir. Source of kefir

EatWild.com

URL: www.eatwild.com
Author Jo Robinson has established this site as an adjunct to her popular book, Pasture Perfect. On the site are listed many grass-based producers of meat and milk, as well as research papers and other information on the topic of the importance of

Fankhauser's Cheese Page

URL: <http://biology.clc.uc.edu/Fankhauser/Cheese/Cheese.html>

Popular page of low-tech home cheesemaking with plenty of pictures, detailed explanations and even some videos.

Food Innovations Center

URL: http://oregonstate.edu/dept/foodsci/extservices/ext_index.htm

Oregon State University. 541-737-3131

Goat Dairy Library

URL: <http://goatdairylibrary.org/Pages/index.htm>

Extensive information on setting up a goat dairy, including plans for buildings, stalls and other necessities. There is a page on Value-Added that mostly consists of links to other sites for dairy products, while goat meat is given considerable coverage.

Goat Milk and Cheese Sites

URL: <http://members.tripod.com/~duhgoatman/gm-c.htm>

Aggregate list of a mixture of dairies and other goat milk/cheese-related sites.

Guelph Food Technology Centre

URL: www.gftc.ca/coursereg/list.cfm

URL: www.gftc.ca/francais/training.cfm

University of Guelph, Ontario, Canada. 519-821-1246

Horizon Organic

URL: www.horizonorganic.com

URL: www.horizonorganic.com/site/forfarmers/index.html

Huge multinational "organic" milk company with questionable organic practices, owned by Dean Foods.

Ice Cream

URL: www.foodsci.uoguelph.ca/dairyedu/icecream.html

The ice cream page of University of Guelph's dairy technology

ilovecheese.com

URL: www.ilovecheese.com

Industry marketing site with recipes and a guide to American cows' milk cheeses. Pretty bland.

James Aldridge's Artisan Cheesemaker Site

URL: www.btinternet.com/%7Emull.cheese/jalldridge/jaindex.htm

Old site rescued from oblivion after Mr. Aldridge died. Lots of solid cheesemaking information.

Just Dairy

URL: www.justdairy.org/

Though this site is the home of a local buying club in Massachusetts, it is included here because it contains

considerable information about raw milk and is an example of one way to set up such a buying club.

Lambtown USA

URL: www.lambtown.com/friesian.htm

Unable to find breed organization on East Friesians, but this site has good information.

Langston University

URL: www.luresext.edu/goats/extension/workshops_field_day.htm

Goat Research Program in Oklahoma. 405-466-3836

Milker Under \$10

URL: www.dunmilkingfarm.com/milker_under_10.htm

Interesting "milking machine" made from a sprayer bottle.

Pennsylvania State University - Food Science

URL: www.foodscience.psu.edu/Outreach/shcs.html

814-865-8301

Vermont Institute for Artisan Cheese

URL: www.uvm.edu/%7eviac

University of Vermont. 802-656-8300

West Highland Dairy

URL: www.westhighlanddairy.co.uk/product.cfm

Scotland, home of Kathy Biss. 01599 577 203

Western Dairy Center

URL: www.usu.edu/westcent/pages/events.htm

Utah State University. 435-797-3466

WikiHow

URL: www.wikihow.com/Make-Cheese-at-Home

URL: www.wikihow.com/Make-Blue-Cheese

URL: www.wikihow.com/Make-Feta-Cheese

URL: www.wikihow.com/Make-Labneh-Cheese

URL: www.wikihow.com/Make-Ricotta-Cheese

Like the popular Wikipedia, WikiHow encourages site visitors to add to, correct and otherwise enhance the materials they post. Currently there are several cheesemaking pages -- I expect there will be more.

WSU Creamery

URL: www.wsu.edu/creamery/education/upcoming.htm

Washington State University. 509-335-4014

Yogurt

URL: www.foodsci.uoguelph.ca/dairyedu/yogurt.html

The yogurt page of University of Guelph's dairy technology

Websites/Consultants

Center for Dairy Research

URL: www.cdr.wisc.edu/courses/
University of Wisconsin at Madison. 608-262-5970

Edible Solutions

URL: www.edible-solutions.com
Consultant Dan Strongin focuses on helping small food companies make better products and profits. Training in sensory evaluation, e-publications and online slide shows.

Grandin, Temple

URL: www.grandin.com
Expert on livestock behavior, livestock facilities design, humane slaughter.

On Ice Cream

URL: www.onicecream.com
URL: www.onicecream.com/corso_mexico.html
Tharp & Young offer annual ice cream course in U.S. and now one in Mexico. On-site consultations available. No phone number given on web site.

Wisconsin Center for Dairy Research

URL: www.cdr.wisc.edu/
Babcock Hall
1605 Linden Dr.
Madison, WI 53706
608-262-5970
Excellent site. Don't miss the Cheese Database under "Specialty Cheese Resources."

Websites/Suppliers

Khimaira Farm

URL: www.khimairafarm.com/
Variety of supplies for homestead level farms, particularly for goat owners. Carries the Weck canner/pasteurizer. Also hosts web sites for small businesses. Lots of good information on web

Symbiotech Solutions

URL: www.symbiotechsolutions.com
Canadian culture house. Also carries Yogotherm yogurt/kefir makers. Helpful charts on web site.

thecheesemaker.com

URL: www.thecheesemaker.com

Websites/Suppliers/Consultants

Dairy Connection

URL: www.dairyconnection.com/
Premier supplier of cultures for dairy products, some molds and other small equipment. Owner is also a consultant on dairy cultures. Useful culture information and recipes on web site.

Websites/Book Vendors

Real-Food

URL: www.real-food.com/
Web site of author Joanne Grohman. Her books, Keeping a Family Cow and The Cow Economy, are reviewed elsewhere. The site itself is of interest for its family cow discussion forum, heifer diary (for those with lots of time on their hands) and other information.

Websites/Book Vendors/Suppliers

Cheesemaker, The

URL: <http://thecheesemaker.com>
Supplies and cultures for home scale.

Fias Co Farm

URL: www.fiascofarm.com
Very informative web site, packed with instructions on cheesemaking and other home dairy processing, as well as goat care, health and husbandry.

Websites/Organization

Cornucopia Institute

URL: <http://cornucopia.org/dairysurvey/index.html>
This web site rates the quality of organic milk and other dairy products, based on a survey. The survey and rating system are provided on the web site. The Cornucopia Institute is also doing a fine job of watchdogging the implementation of the organic

Websites/Organizations/Book Vendors/Suppliers/Consultants

smalldairy.com

URL: www.smalldairy.com/dairy%20resources.html
Up-to-date online resource for locating dairy processing equipment and supplies, publications, courses and events and more. Producer listing and classified ads. 540-765-4602

Websites/Articles

Weston A. Price Foundation

URL: www.westonaprice.org
This site was established to widely publicize and disseminate the work of Dr. Weston A. Price, who studied effects of changes in diet on health in "developing" societies. Heavy emphasis on

raw milk and fermented foods.

Wisconsin Dairy Artisan Research Program

URL: <http://babcock.cals.wisc.edu/artisan/index.en.html>

PDF reports by dairy artisans about their Babcock-sponsored trips to study international artisanal operations.